

Individual Best Times (All Time)

Lucy Ford - (533861) - Team Ipswich Swimming - 400 Freestyle - Short Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:20.44	224	H	17/03/12	Suffolk County Championships	Newmarket	teamipswich	2
6:30.71	207	H	15/01/12	teamipswich Swimming New Year Opener	Ipswich	teamipswich	4

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