

Individual Best Times (All Time)

Emma Tappenden - (548511) - Basildon and Phoenix SC - 400 Individual Medley - Short Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:17.50	322	H	29/11/15	Basildon & Phoenix Club Championships 2015	Basildon		4

Swims in Date Order

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