

Individual Best Times (All Time)

Dominic Frost - (553680) - University of Nottingham SC - 400 Individual Medley - Short Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:24.14	380	F	20/06/15	City of Milton Keynes 13th Annual End of Season	Milton Keynes	Newport Pag	3

Swims in Date Order

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