

Individual Best Times (All Time)

Cara Hetherington - (742636) - Team Ipswich Swimming - 400 Individual Medley - Short Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:26.15	500	F	19/01/14	Teamipswich January Last Chance Meet	Ipswich	teamipswich	3

Swims in Date Order

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