

# Individual Best Times (All Time)

Thomas Rogowski - (754021) - Llandudno Swimming - 400 Freestyle - Short Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
7:40.11	98	F	24/09/11	Swim Conwy Grand Prix Meet	Llandudno	Llandudno	4

## Swims in Date Order

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