

# Individual Best Times (All Time)

Marawan Abou-El-Rous - (754120) - Borough of Harrow S C - 400 Freestyle - Short Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:47.50	402	F	15/07/17	BHSC L3 Distance Meet 2017	Hendon	Bo Of Harrow	3

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