

Individual Best Times (All Time)

Caitlin Ainsworth - (837828) - Fareham Nomads SC - 400 Freestyle - Short Course

Swims in Time Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|-----------------------------------|---------------|-----------------|-------|
| 6:40.72 | 192 | H | 13/10/13 | Fareham Nomads Club Championships | Westhill Park | Fareham N'ds | 4 |

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