

# Individual Best Times (All Time)

Emma Pomfret - (848617) - Blackpool Aquatics ASC - 400 Freestyle - Short Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:03.90	256	H	06/09/16	Blackpool Aquatics 400m Time Trial	Blackpool	Blackpool Aq	4

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