

Individual Best Times (All Time)

Joseph Lound-Keast - (870405) - Biggleswade SC - 400 Freestyle - Short Course

Swims in Time Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|-------------------------------------|-------------|-----------------|-------|
| 6:17.41 | 177 | F | 23/09/17 | 2017 Biggleswade Club Championships | Biggleswade | Biggleswade | 4 |

Swims in Date Order

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