
Individual Records Report for LCM-M-L

Garioch Amateur Swimming Club [NGHX]**Male 16-16 50 Back**

30.96	CALUM JACK	24/03/2001	
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30.54	** JONAS C. WHITEHEAD at Dutch Open 2007	07/12/2007	NGHX
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Male 16-16 200 Back

2:36.25	MICHAEL A. SMITH at Edinburgh International	29/04/2006	NGHX
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2:23.66	** JONAS C. WHITEHEAD at Dutch Open 2007	07/12/2007	NGHX
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Male 16-16 50 Breast

34.95	MICHAEL SMITH	02/07/2005	
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31.71	** JONAS C. WHITEHEAD at Dutch Open 2007	07/12/2007	NGHX
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Male 16-16 100 Breast

1:11.80	JONAS C. WHITEHEAD at Early Bird open Meet	06/10/2007	NGHX
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1:10.23	** JONAS C. WHITEHEAD at Dutch Open 2007	07/12/2007	NGHX
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Male 16-16 200 Breast

2:42.80	MICHAEL SMITH	27/06/2005	
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2:37.05	** JONAS C. WHITEHEAD at Dutch Open 2007	07/12/2007	NGHX
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Male 16-16 50 Fly

30.34	JONAS C. WHITEHEAD at Early Bird open Meet	06/10/2007	NGHX
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30.03	** JONAS C. WHITEHEAD at Dutch Open 2007	07/12/2007	NGHX
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Male 16-16 200 IM

2:22.93	JONAS C. WHITEHEAD at Early Bird open Meet	06/10/2007	NGHX
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2:22.60	** JONAS C. WHITEHEAD at Dutch Open 2007	07/12/2007	NGHX
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