

Individual Best Times (All Time)

Rob Arnold - (4052) - Trafford Metro Bor SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
400 Individual Medley	6:07.10	6:11.90	261	25/06/23	Trafford MBSC Club Championships 2023	Sale	NW230811	4