

Individual Best Times (Masters)

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Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	28.86	340	25/03/23	Essex Masters Championships 2023	Basildon	MAS1026	0
100 Freestyle	1:02.34	372	25/03/23	Essex Masters Championships 2023	Basildon	MAS1026	0
100 Butterfly	1:20.50	209	25/03/23	Essex Masters Championships 2023	Basildon	MAS1026	0
100 Backstroke	1:18.88	230	25/03/23	Essex Masters Championships 2023	Basildon	MAS1026	0