

Individual Best Times (Masters)

Rob Arnold - (4052) - Trafford Metro Bor SC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
100 Freestyle	1:01.49	442	17/06/06	British Masters Champs 2006	Manchester	MAS001	0
200 Freestyle	2:30.21	313	31/08/22	European Masters Championships 2022	Rome	MAS994	0
400 Freestyle	4:49.60	438	10/08/06	World Championships 2006	Stanford, USA	MAS004	0
800 Freestyle	9:50.66	448	04/06/05	GB Masters Championships 2005	Glasgow	ASA052	0
1500 Freestyle	18:48.47	459	03/06/05	GB Masters Championships 2005	Glasgow	ASA052	0
50 Breaststroke	43.21	216	20/01/24	SSE LC Masters Meet 2024	Crawley	MAS1115	0
100 Breaststroke	1:26.85	280	04/05/12	British Gas Masters Meet	Sheffield	MAS328	0
50 Butterfly	35.09	255	20/01/24	SSE LC Masters Meet 2024	Crawley	MAS1115	0
100 Butterfly	1:08.72	372	17/06/06	British Masters Champs 2006	Manchester	MAS001	0
200 Butterfly	2:34.07	367	04/06/05	GB Masters Championships 2005	Glasgow	ASA052	0
50 Backstroke	39.19	216	21/01/24	SSE LC Masters Meet 2024	Crawley	MAS1115	0
100 Backstroke	1:19.99	268	05/05/12	British Gas Masters Meet	Sheffield	MAS328	0
200 Individual Medley	2:39.73	363	06/05/12	British Gas Masters Meet	Sheffield	MAS328	0
400 Individual Medley	5:40.74	360	05/05/12	British Gas Masters Meet	Sheffield	MAS328	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	28.62	349	30/11/08	4th Etwall Eagles Masters (LM)	Derby	MAS107	0
100 Freestyle	59.31	432	29/10/05	ASA National Masters Champs	Sheffield	ASA056	0
200 Freestyle	2:17.22	379	29/10/11	BG ASA National Masters Meet	Sheffield	MAS275	0
400 Freestyle	4:46.07	408	13/09/08	Cheshire Masters Gala One	Macclesfield	MAS134	0
800 Freestyle	9:37.04	453	31/10/04	ASA Masters Championship 2004	Sheffield	ASA049	0
1500 Freestyle	18:22.45	453	27/10/06	ASA National Masters 25m Champ	Sheffield	MAS007	0
50 Breaststroke	39.73	247	10/01/09	Shrewsbury Masters Meet	Shrewsbury	MAS183	0
100 Breaststroke	1:23.77	287	28/10/12	BG ASA Masters & Senior Meet	Sheffield	MAS335	0
200 Breaststroke	3:02.66	284	24/10/15	ASA National Masters 2015	Sheffield	MAS570	0
50 Butterfly	31.93	316	30/11/08	4th Etwall Eagles Masters (LM)	Derby	MAS107	0
100 Butterfly	1:08.24	343	30/10/04	ASA Masters Championship 2004	Sheffield	ASA048	0
200 Butterfly	2:30.73	356	29/10/05	ASA National Masters Champs	Sheffield	ASA056	0
50 Backstroke	35.99	231	30/11/08	4th Etwall Eagles Masters (LM)	Derby	MAS107	0
100 Backstroke	1:17.32	244	30/11/08	4th Etwall Eagles Masters (LM)	Derby	MAS107	0
200 Individual Medley	2:36.39	344	29/10/06	ASA National Masters 25m Champ	Sheffield	MAS007	0
400 Individual Medley	5:32.83	351	31/10/04	ASA Masters Championship 2004	Sheffield	ASA048	0
100 Individual Medley	1:14.84	285	30/11/08	4th Etwall Eagles Masters (LM)	Derby	MAS107	0