

Individual Best Times (Masters)

Jose Adam - (34) - Brighton Dolphin SC - 200 Individual Medley - Short Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
4:10.60	114	H	28/10/11	BG ASA National Masters Meet	Sheffield	MAS275	0
4:11.09	114		26/10/12	BG ASA Masters & Senior Meet	Sheffield	MAS335	0
4:17.57	105		26/10/14	ASA Masters Short Course Meet 2014	Sheffield	MAS494	0
4:17.69	105		05/10/13	SER Short Course Masters Meet	Guildford	MAS409	0
4:19.37	103		12/07/15	Barnet Copthall Masters Distance Meet	Barnet	MAS551	0
4:19.37	103	H	12/07/15	Barnet Copthall Master 1500 Freestyle Meet	Barnet	MAS577	0
4:20.26	102		12/07/14	Barnet Copthall Masters Distance Meet	Barnet	MAS477	0
4:22.09	100		28/02/15	Bracknell Masters Open Meet	Bracknell	MAS517	0
4:41.75	80		07/10/17	SE South East Region Masters Meet	Guildford	MAS715	0
5:18.47	56	F	10/09/23	Sussex Masters Championships 2023	Pavillion in the Par	MAS1074	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
5:18.47	56	F	10/09/23	Sussex Masters Championships 2023	Pavillion in the Par	MAS1074	0
4:41.75	80	H	07/10/17	SE South East Region Masters Meet	Guildford	MAS715	0
4:19.37	103	H	12/07/15	Barnet Copthall Masters Distance Meet	Barnet	MAS551	0
4:19.37	103		12/07/15	Barnet Copthall Master 1500 Freestyle Meet	Barnet	MAS577	0
4:22.09	100		28/02/15	Bracknell Masters Open Meet	Bracknell	MAS517	0
4:17.57	105		26/10/14	ASA Masters Short Course Meet 2014	Sheffield	MAS494	0
4:20.26	102		12/07/14	Barnet Copthall Masters Distance Meet	Barnet	MAS477	0
4:17.69	105	H	05/10/13	SER Short Course Masters Meet	Guildford	MAS409	0
4:11.09	114		26/10/12	BG ASA Masters & Senior Meet	Sheffield	MAS335	0
4:10.60	114		28/10/11	BG ASA National Masters Meet	Sheffield	MAS275	0