

# Individual Best Times (Masters)

Helen Atton - (106997) - Neptune (Leicester) SC - 400 Freestyle - Long Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
7:10.84	163	H	18/12/22	Swim England East Midlands Masters Championships	Derby	MAS1003	0
7:18.56	154	H	10/12/23	East Midland Masters & Senior Age Group Championsh	Derby	MAS1106	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
7:18.56	154	H	10/12/23	East Midland Masters & Senior Age Group Championsh	Derby	MAS1106	0
7:10.84	163	H	18/12/22	Swim England East Midlands Masters Championships	Derby	MAS1003	0