

Individual Best Times (Masters)

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

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
6:49.26	180		28/03/14	2014 Midland Masters Open Meet	Leamington Spa	MAS448	0
7:16.05	149	H	21/05/23	Shropshire ASA Masters Meet 2023	Wolverhampton	MAS1041	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
7:16.05	149	H	21/05/23	Shropshire ASA Masters Meet 2023	Wolverhampton	MAS1041	0
6:49.26	180		28/03/14	2014 Midland Masters Open Meet	Leamington Spa	MAS448	0