

Individual Best Times (Masters)

Nicholas Parkes - (1112650) - Harrogate District SC - 400 Freestyle - Long Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
4:59.41	397	H	27/05/16	European Masters Championships	London	MAS615	0
5:00.80	391	H	01/06/19	Yorkshire SA Masters Champs 2019	Sheffield	MAS847	0
5:07.47	366	F	18/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
5:07.47	366	F	18/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
5:00.80	391	H	01/06/19	Yorkshire SA Masters Champs 2019	Sheffield	MAS847	0
4:59.41	397	H	27/05/16	European Masters Championships	London	MAS615	0