

Individual Best Times (Masters)

Richard Hope - (1120328) - Woking SC - 400 Freestyle - Long Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
4:24.25	577		12/08/19	FINA World Masters Championships	South Korea	MAS867	0
4:35.66	508	H	20/01/19	Swim South East LC Masters 2019	Crawley	MAS813	0
4:37.35	499	F	16/06/19	British Masters Champs 2019	Swansea	MAS853	0
4:44.68	461	H	09/06/18	British Masters Championships 2018	Plymouth	MAS769	0

Swim Order

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