

Individual Best Times (Masters)

Ralph Pinel - (1409398) - Newham & University of East Lond - 400 Freestyle - Long Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
5:07.25	367	F	05/03/22	Swim Wales Open Masters 2022	Swansea	MAS943	0
5:09.55	359	H	03/06/23	British Masters Championships	Sheffield	MAS1046	0
5:10.63	355	F	18/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
5:11.60	352	H	21/01/23	Swim South East LC Masters Meet	Crawley	MAS1007	0
5:14.69	342	H	10/09/22	GLLAM 2022	London	MAS989	0
5:17.21	333	H	20/01/24	SSE LC Masters Meet 2024	Crawley	MAS1115	0
5:20.23	324	F	21/04/24	British Masters Championships 2024	Swansea	MAS1147	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
5:20.23	324	F	21/04/24	British Masters Championships 2024	Swansea	MAS1147	0
5:17.21	333	H	20/01/24	SSE LC Masters Meet 2024	Crawley	MAS1115	0
5:09.55	359	H	03/06/23	British Masters Championships	Sheffield	MAS1046	0
5:11.60	352	H	21/01/23	Swim South East LC Masters Meet	Crawley	MAS1007	0
5:14.69	342	H	10/09/22	GLLAM 2022	London	MAS989	0
5:10.63	355	F	18/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
5:07.25	367	F	05/03/22	Swim Wales Open Masters 2022	Swansea	MAS943	0