

Individual Best Times (Masters)

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

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
4:55.30	371	H	28/11/21	Essex Masters 2021	Basildon	MAS936	0
4:57.00	364	H	12/03/22	Essex Masters Championships	Basildon	MAS948	0
5:01.21	349	H	29/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
5:01.39	349	H	02/03/19	Essex Master Championships 209	Basildon	MAS825	0
5:01.44	349	H	25/03/23	Essex Masters Championships 2023	Basildon	MAS1026	0
5:02.44	345	H	30/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
5:02.77	344	H	10/10/21	East Region Masters Championships	Newmarket	MAS922	0
5:04.61	338	F	15/05/22	Erith Masters Meet & Kent Long Distance Champs	Bexleyheath	MAS959	0
5:05.35	335	F	19/09/21	Barnet Copthall Mastesr Sprint Meet +	Barnet Copthall	MAS916	0
5:10.97	317	F	17/09/23	Barnet Copthall Masters Sprint Meet plus	Barnet Copthall	MAS1077	0
5:14.64	306	H	30/09/23	South East SC Masters Meet 2023	Crawley	MAS1079	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
5:14.64	306	H	30/09/23	South East SC Masters Meet 2023	Crawley	MAS1079	0
5:10.97	317	F	17/09/23	Barnet Copthall Masters Sprint Meet plus	Barnet Copthall	MAS1077	0
5:01.44	349	H	25/03/23	Essex Masters Championships 2023	Basildon	MAS1026	0
5:01.21	349	H	29/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
5:04.61	338	F	15/05/22	Erith Masters Meet & Kent Long Distance Champs	Bexleyheath	MAS959	0
4:57.00	364	H	12/03/22	Essex Masters Championships	Basildon	MAS948	0
4:55.30	371	H	28/11/21	Essex Masters 2021	Basildon	MAS936	0
5:02.44	345	H	30/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
5:02.77	344	H	10/10/21	East Region Masters Championships	Newmarket	MAS922	0
5:05.35	335	F	19/09/21	Barnet Copthall Mastesr Sprint Meet +	Barnet Copthall	MAS916	0
5:01.39	349	H	02/03/19	Essex Master Championships 209	Basildon	MAS825	0