

Individual Best Times (Masters)

Lyndsay Roe - (1447656) - Kettering Amateur Swimming Club - 50 Freestyle - Long Course

Time Order

| Time | FINA Pts | Round | Swim Date | Meet | Venue | Licence | Level |
|-------|----------|-------|-----------|--|-------------------|---------|-------|
| 30.28 | 474 | F | 17/06/22 | British Masters Championships | Aberdeen Aquatics | MAS966 | 0 |
| 30.35 | 470 | H | 03/06/23 | British Masters Championships | Sheffield | MAS1046 | 0 |
| 30.68 | 455 | H | 11/08/23 | World Aquatics Masters Championships 2023 | Fukuoka | MAS1061 | 0 |
| 32.18 | 394 | H | 18/12/22 | Swim England East Midlands Masters Championships | Derby | MAS1003 | 0 |

Swim Order

| Time | FINA Pts | Round | Swim Date | Meet | Venue | Licence | Level |
|-------|----------|-------|-----------|--|-------------------|---------|-------|
| 30.68 | 455 | H | 11/08/23 | World Aquatics Masters Championships 2023 | Fukuoka | MAS1061 | 0 |
| 30.35 | 470 | H | 03/06/23 | British Masters Championships | Sheffield | MAS1046 | 0 |
| 32.18 | 394 | H | 18/12/22 | Swim England East Midlands Masters Championships | Derby | MAS1003 | 0 |
| 30.28 | 474 | F | 17/06/22 | British Masters Championships | Aberdeen Aquatics | MAS966 | 0 |