

Individual Best Times (Masters)

Stefanie Cappleman - (1484444) - Richmond Dales ASC - 400 Freestyle - Short Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
6:18.54	228	H	18/03/23	Billingham Masters	Billingham	MAS1022	0
6:22.04	221	H	24/09/23	Gateshead & Whickham Autumn Meet 2023 Masters	Gateshead	MAS1076	0
6:25.38	216	H	07/07/19	Northumberland & Durham Counties Masters	South Shields	MAS865	0
6:27.55	212	H	29/02/20	8th Billingham Masters 2020	Billingham	MAS906	0
6:30.82	207	H	10/11/19	South Yorkshire Open Masters 2019	Sheffield	MAS884	0
6:31.66	205	H	30/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0

Swim Order

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6:22.04	221	H	24/09/23	Gateshead & Whickham Autumn Meet 2023 Masters	Gateshead	MAS1076	0
6:18.54	228	H	18/03/23	Billingham Masters	Billingham	MAS1022	0
6:31.66	205	H	30/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
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