

Individual Best Times (Masters)

Stephanie Baron - (1505417) - South Downs Trojan Swimming Club - 400 Freestyle - Long Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
5:29.45	364	F	02/03/24	Swim Wales Open Masters 2024	Swansea	MAS1126	0
5:29.68	363	F	04/03/23	Swim Wales Open Masters 2023	Swansea	MAS1078	0
5:31.21	358	F	21/04/24	British Masters Championships 2024	Swansea	MAS1147	0
5:38.21	337	H	20/01/24	SSE LC Masters Meet 2024	Crawley	MAS1115	0
5:51.46	300	H	29/08/22	European Masters Championships 2022	Rome	MAS994	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
5:31.21	358	F	21/04/24	British Masters Championships 2024	Swansea	MAS1147	0
5:29.45	364	F	02/03/24	Swim Wales Open Masters 2024	Swansea	MAS1126	0
5:38.21	337	H	20/01/24	SSE LC Masters Meet 2024	Crawley	MAS1115	0
5:29.68	363	F	04/03/23	Swim Wales Open Masters 2023	Swansea	MAS1078	0
5:51.46	300	H	29/08/22	European Masters Championships 2022	Rome	MAS994	0