

Individual Best Times (Masters)

Joanne Beardsworth - (303541) - Harrogate District SC - 400 Freestyle - Long Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
5:15.11	416	H	09/03/24	AP Race Masters 50m Grand Prix 2024	Sunderland	MAS1129	0
5:23.39	385	H	20/01/19	Swim South East LC Masters 2019	Crawley	MAS813	0

Swim Order

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