

Individual Best Times (Masters)

Helen Andrews - (364652) - South Downs Trojan Swimming Club - 400 Freestyle - Long Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
6:14.85	247	F	05/03/22	Swim Wales Open Masters 2022	Swansea	MAS943	0
6:20.21	237	H	09/06/18	British Masters Championships 2018	Plymouth	MAS769	0
6:20.61	236	H	18/01/20	SSE LC Masters 2020	Crawley	MAS897	0
6:21.54	234	H	20/01/24	SSE LC Masters Meet 2024	Crawley	MAS1115	0
6:23.70	230	F	21/04/24	British Masters Championships 2024	Swansea	MAS1147	0
6:24.12	230	H	23/01/22	South East Open LC Masters	K2 Crawley	MAS937	0
6:24.31	229	H	20/01/18	Swim South East LC Masters 2018	Crawley	MAS733	0
6:24.82	228	F	04/03/23	Swim Wales Open Masters 2023	Swansea	MAS1078	0
6:26.92	225	F	29/02/20	Swim Wales Open Masters 2020	Wales National Pool	MAS907	0
6:26.93	225	H	29/08/22	European Masters Championships 2022	Rome	MAS994	0
6:31.03	218	H	20/01/19	Swim South East LC Masters 2019	Crawley	MAS813	0
6:37.23	208	F	21/09/19	GLLAM 2019	London	MAS875	0
6:53.64	184		21/01/17	SER Long Course Masters 2017	Crawley	MAS658	0

Swim Order

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