

Individual Best Times (Masters)

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

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
6:10.49	243	F	06/04/24	Guernsey 31st Masters Meet	Guernsey	MAS1140	0
6:11.44	241	F	15/05/22	Erith Masters Meet & Kent Long Distance Champs	Bexleyheath	MAS959	0
6:13.61	237	F	27/11/21	Swim Wales Masters SC 2021	Newport	MAS931	0
6:13.96	236	H	29/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
6:14.26	236	F	10/07/22	Barnet Cophall Masters Distance Meet 2022	Barnet Cophall	MAS967	0
6:15.47	233	F	03/12/22	Swim Wales Open Masters and Seniors SC 2022	Newport	MAS1001	0
6:16.04	232		19/11/23	LEN European Masters Championships 2023	Madeira, Portugal	MAS1110	0
6:16.21	232	H	02/10/21	South East Short Course Masters 2021	Crawley	MAS926	0
6:16.66	231	F	27/02/22	Royal Navy Masters 19th Open	Millfield	MAS939	0
6:17.49	230	H	26/10/18	Swim England Masters Meet 2018	Sheffield	MAS801	0
6:18.64	227	H	29/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
6:18.87	227	H	01/10/22	SE South East Short Course Masters 2022	South East	MAS984	0
6:21.75	222	H	26/10/19	Swim England National Masters	Sheffield	MAS882	0
6:22.43	221	F	13/05/18	Royal Navy Masters 17th Open	Millfield	MAS761	0
6:22.69	220	F	02/04/23	30th Masters Open Meet	Guernsey	MAS1029	0
6:23.51	219		07/07/19	Barnet Cophall Swim Club Masters Distance Meet	Barnet	MAS859	0
6:24.09	218	F	16/11/19	Swim Wales Open Masters and Seniors SC 2019	Newport	MAS886	0
6:27.31	212	H	30/09/23	South East SC Masters Meet 2023	Crawley	MAS1079	0
6:37.75	196	F	12/03/17	16th Royal Navy Open Masters Meet 2017	Millfield	MAS668	0
6:37.84	196	H	28/10/17	Swim England Masters National Championships	Sheffield	MAS718	0

Swim Order

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6:27.31	212	H	30/09/23	South East SC Masters Meet 2023	Crawley	MAS1079	0
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6:15.47	233	F	03/12/22	Swim Wales Open Masters and Seniors SC 2022	Newport	MAS1001	0
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