

Individual Best Times (Masters)

Rob Arnold - (4052) - Trafford Metro Bor SC - 200 Individual Medley - Long Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
2:39.73	363		06/05/12	British Gas Masters Meet	Sheffield	MAS328	0
2:53.44	283	F	19/04/24	British Masters Championships 2024	Swansea	MAS1147	0
2:56.57	269	H	04/06/23	British Masters Championships	Sheffield	MAS1046	0
2:57.26	266	H	20/01/24	SSE LC Masters Meet 2024	Crawley	MAS1115	0
2:57.85	263	H	21/01/23	Swim South East LC Masters Meet	Crawley	MAS1007	0
2:59.77	255	H	13/05/23	Yorkshire Masters & Senior Age Group Competition 2	Leeds	MAS1038	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
2:53.44	283	F	19/04/24	British Masters Championships 2024	Swansea	MAS1147	0
2:57.26	266	H	20/01/24	SSE LC Masters Meet 2024	Crawley	MAS1115	0
2:56.57	269	H	04/06/23	British Masters Championships	Sheffield	MAS1046	0
2:59.77	255	H	13/05/23	Yorkshire Masters & Senior Age Group Competition 2	Leeds	MAS1038	0
2:57.85	263	H	21/01/23	Swim South East LC Masters Meet	Crawley	MAS1007	0
2:39.73	363		06/05/12	British Gas Masters Meet	Sheffield	MAS328	0