

Individual Best Times (Masters)

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

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
2:36.39	344		29/10/06	ASA National Masters 25m Champ	Sheffield	MAS007	0
2:37.13	339		26/10/12	BG ASA Masters & Senior Meet	Sheffield	MAS335	0
2:40.10	321		26/10/08	the asa Masters (25m) 2008	Sheffield	MAS094	0
2:42.83	305		24/10/09	BG ASA Masters & Age Grps 2009	Sheffield	MAS156	0
2:49.08	272	H	28/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
2:52.85	255	H	23/02/19	N W Region Masters 2019	Blackpool	MAS820	0
2:52.92	254	F	01/10/23	Arfon Masters Open Meet 2023	Llandudno	MAS1083	0
2:54.67	247	H	14/04/24	Staffordshire Masters County Meet 2024	Staffordshire	MAS1146	0
2:57.97	233	H	07/10/23	Steel City Masters Meet 2023	Sheffield	MAS1086	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
2:54.67	247	H	14/04/24	Staffordshire Masters County Meet 2024	Staffordshire	MAS1146	0
2:49.08	272	H	28/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
2:57.97	233	H	07/10/23	Steel City Masters Meet 2023	Sheffield	MAS1086	0
2:52.92	254	F	01/10/23	Arfon Masters Open Meet 2023	Llandudno	MAS1083	0
2:52.85	255	H	23/02/19	N W Region Masters 2019	Blackpool	MAS820	0
2:37.13	339		26/10/12	BG ASA Masters & Senior Meet	Sheffield	MAS335	0
2:42.83	305		24/10/09	BG ASA Masters & Age Grps 2009	Sheffield	MAS156	0
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