

# Individual Best Times (Masters)

Rob Arnold - (4052) - Trafford Metro Bor SC - 400 Individual Medley - Long Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
5:40.74	360		05/05/12	British Gas Masters Meet	Sheffield	MAS328	0
6:14.03	272	F	20/04/24	British Masters Championships 2024	Swansea	MAS1147	0
6:15.01	270	H	02/06/23	British Masters Championships	Sheffield	MAS1046	0
6:15.31	269	F	17/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
6:23.95	251	H	21/01/24	SSE LC Masters Meet 2024	Crawley	MAS1115	0
6:27.60	244	H	22/01/23	Swim South East LC Masters Meet	Crawley	MAS1007	0

Swim Order

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6:23.95	251	H	21/01/24	SSE LC Masters Meet 2024	Crawley	MAS1115	0
6:15.01	270	H	02/06/23	British Masters Championships	Sheffield	MAS1046	0
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