

Individual Best Times (Masters)

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

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
5:32.83	351	H	31/10/04	ASA Masters Championship 2004	Sheffield	ASA048	0
5:34.72	345		27/10/12	BG ASA Masters & Senior Meet	Sheffield	MAS335	0
5:35.55	342		20/10/01	ASA National Masters SC Champs	Sheffield	ASA020	0
5:35.67	342		29/10/11	BG ASA National Masters Meet	Sheffield	MAS275	0
5:38.30	334	H	25/10/08	the asa Masters (25m) 2008	Sheffield	MAS094	0
5:41.61	324		25/10/15	ASA National Masters 2015	Sheffield	MAS570	0
5:44.98	315		26/09/15	Cheshire Masters 2015	Macclesfield	MAS558	0
6:02.95	270		28/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
6:07.45	260	H	27/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
6:10.89	253	H	26/02/22	Swim North West Masters	Blackpool	MAS940	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
6:07.45	260	H	27/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
6:02.95	270	H	28/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
6:10.89	253	H	26/02/22	Swim North West Masters	Blackpool	MAS940	0
5:41.61	324	H	25/10/15	ASA National Masters 2015	Sheffield	MAS570	0
5:44.98	315	H	26/09/15	Cheshire Masters 2015	Macclesfield	MAS558	0
5:34.72	345		27/10/12	BG ASA Masters & Senior Meet	Sheffield	MAS335	0
5:35.67	342		29/10/11	BG ASA National Masters Meet	Sheffield	MAS275	0
5:38.30	334		25/10/08	the asa Masters (25m) 2008	Sheffield	MAS094	0
5:32.83	351		31/10/04	ASA Masters Championship 2004	Sheffield	ASA048	0
5:35.55	342	H	20/10/01	ASA National Masters SC Champs	Sheffield	ASA020	0