Individual Best Times (Masters)

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

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
2:30.21	313	H	31/08/22	European Masters Championships 2022	Rome	MAS994	0
2:30.50	311	F	05/03/23	Swim Wales Open Masters 2023	Swansea	MAS1078	0
2:30.94	308	F	19/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
2:31.55	304	H	04/06/22	Yorkshire Open Masters and Senior Age Group Champs	Sheffield	MAS961	0
2:34.67	286	H	21/01/23	Swim South East LC Masters Meet	Crawley	MAS1007	0

Swim Order

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2:34.67	286	H	21/01/23	Swim South East LC Masters Meet	Crawley	MAS1007	0
2:30.21	313	H	31/08/22	European Masters Championships 2022	Rome	MAS994	0
2:30.94	308	F	19/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
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