

Individual Best Times (Masters)

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

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
2:17.22	379		29/10/11	BG ASA National Masters Meet	Sheffield	MAS275	0
2:23.24	333	H	28/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
2:23.53	331	H	19/02/17	2017 ASANWR Masters Championships	Blackpool	MAS659	0
2:23.61	331	H	13/05/17	Yorkshire Masters Open Meet	Leeds	MAS678	0
2:24.28	326	H	18/09/22	Leicestershire Masters Meet 2022	Leicester	MAS979	0
2:27.07	308	H	26/02/22	Swim North West Masters	Blackpool	MAS940	0
2:28.55	299	H	14/04/24	Staffordshire Masters County Meet 2024	Staffordshire	MAS1146	0
2:28.58	299	H	23/02/19	N W Region Masters 2019	Blackpool	MAS820	0
2:29.26	295	H	25/02/23	Swim North West Masters Championships	Blackpool	MAS1013	0
3:02.84	160	F	07/08/22	Gloucester Masters Open Meet	Gloucester	MAS974	0

Swim Order

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2:28.55	299	H	14/04/24	Staffordshire Masters County Meet 2024	Staffordshire	MAS1146	0
2:29.26	295	H	25/02/23	Swim North West Masters Championships	Blackpool	MAS1013	0
2:23.24	333	H	28/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
2:24.28	326	H	18/09/22	Leicestershire Masters Meet 2022	Leicester	MAS979	0
3:02.84	160	F	07/08/22	Gloucester Masters Open Meet	Gloucester	MAS974	0
2:27.07	308	H	26/02/22	Swim North West Masters	Blackpool	MAS940	0
2:28.58	299	H	23/02/19	N W Region Masters 2019	Blackpool	MAS820	0
2:23.61	331	H	13/05/17	Yorkshire Masters Open Meet	Leeds	MAS678	0
2:23.53	331	H	19/02/17	2017 ASANWR Masters Championships	Blackpool	MAS659	0
2:17.22	379		29/10/11	BG ASA National Masters Meet	Sheffield	MAS275	0