

Individual Best Times (Masters)

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

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
4:49.60	438		10/08/06	World Championships 2006	Stanford, USA	MAS004	0
4:57.61	404		05/05/12	British Gas Masters Meet	Sheffield	MAS328	0
5:19.71	326	H	03/06/23	British Masters Championships	Sheffield	MAS1046	0
5:19.98	325	F	04/03/23	Swim Wales Open Masters 2023	Swansea	MAS1078	0
5:20.58	323	H	13/05/23	Yorkshire Masters & Senior Age Group Competition 2	Leeds	MAS1038	0
5:22.38	318	F	21/04/24	British Masters Championships 2024	Swansea	MAS1147	0
5:24.62	311	H	21/01/23	Swim South East LC Masters Meet	Crawley	MAS1007	0
5:30.63	294	H	29/08/22	European Masters Championships 2022	Rome	MAS994	0
5:30.68	294	H	04/06/22	Yorkshire Open Masters and Senior Age Group Champs	Sheffield	MAS961	0

Swim Order

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5:22.38	318	F	21/04/24	British Masters Championships 2024	Swansea	MAS1147	0
5:19.71	326	H	03/06/23	British Masters Championships	Sheffield	MAS1046	0
5:20.58	323	H	13/05/23	Yorkshire Masters & Senior Age Group Competition 2	Leeds	MAS1038	0
5:19.98	325	F	04/03/23	Swim Wales Open Masters 2023	Swansea	MAS1078	0
5:24.62	311	H	21/01/23	Swim South East LC Masters Meet	Crawley	MAS1007	0
5:30.63	294	H	29/08/22	European Masters Championships 2022	Rome	MAS994	0
5:30.68	294	H	04/06/22	Yorkshire Open Masters and Senior Age Group Champs	Sheffield	MAS961	0
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