

Individual Best Times (Masters)

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

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
4:46.07	408		13/09/08	Cheshire Masters Gala One	Macclesfield	MAS134	0
4:46.94	404		30/10/11	BG ASA National Masters Meet	Sheffield	MAS275	0
4:50.09	391	H	19/10/01	ASA National Masters SC Champs	Sheffield	ASA020	0
4:51.09	387	H	24/10/15	ASA National Masters 2015	Sheffield	MAS570	0
5:01.06	350	H	13/05/17	Yorkshire Masters Open Meet	Leeds	MAS678	0
5:06.94	330	H	19/02/17	2017 ASANWR Masters Championships	Blackpool	MAS659	0
5:08.76	324	H	15/07/23	Cheshire County Masters	Stockport	MAS1056	0
5:09.46	322	H	29/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
5:09.86	321	F	07/08/22	Gloucester Masters Open Meet	Gloucester	MAS974	0
5:10.70	318	H	16/07/22	Cheshire County Masters Championship	Stockport	MAS969	0
5:11.54	316	H	29/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
5:12.55	313	F	01/10/23	Arfon Masters Open Meet 2023	Llandudno	MAS1083	0
5:14.29	308	H	25/02/23	Swim North West Masters Championships	Blackpool	MAS1013	0
5:39.18	245		30/06/12	North West Region Masters Meet	Blackpool	MAS362	0

Swim Order

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5:09.86	321	F	07/08/22	Gloucester Masters Open Meet	Gloucester	MAS974	0
5:10.70	318	H	16/07/22	Cheshire County Masters Championship	Stockport	MAS969	0
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5:06.94	330	H	19/02/17	2017 ASANWR Masters Championships	Blackpool	MAS659	0
4:51.09	387	H	24/10/15	ASA National Masters 2015	Sheffield	MAS570	0
5:39.18	245		30/06/12	North West Region Masters Meet	Blackpool	MAS362	0
4:46.94	404		30/10/11	BG ASA National Masters Meet	Sheffield	MAS275	0
4:46.07	408		13/09/08	Cheshire Masters Gala One	Macclesfield	MAS134	0
4:50.09	391	H	19/10/01	ASA National Masters SC Champs	Sheffield	ASA020	0