

Individual Best Times (Masters)

Rob Arnold - (4052) - Trafford Metro Bor SC - 50 Breaststroke - Long Course

Time Order

| Time | FINA Pts | Round | Swim Date | Meet | Venue | Licence | Level |
|-------|----------|-------|-----------|--------------------------|---------|---------|-------|
| 43.21 | 216 | H | 20/01/24 | SSE LC Masters Meet 2024 | Crawley | MAS1115 | 0 |

Swim Order

| Time | FINA Pts | Round | Swim Date | Meet | Venue | Licence | Level |
|-------|----------|-------|-----------|--------------------------|---------|---------|-------|
| 43.21 | 216 | H | 20/01/24 | SSE LC Masters Meet 2024 | Crawley | MAS1115 | 0 |