

# Individual Best Times (Masters)

Nia Westlake - (56778) - Cinderford & District SC - 200 Breaststroke - Long Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
2:57.77	463	H	04/06/23	British Masters Championships	Sheffield	MAS1046	0
3:01.40	435	F	21/04/24	British Masters Championships 2024	Swansea	MAS1147	0
3:02.63	427	F	05/03/23	Swim Wales Open Masters 2023	Swansea	MAS1078	0
3:06.78	399	F	01/03/20	Swim Wales Open Masters 2020	Wales National Pool	MAS907	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
3:01.40	435	F	21/04/24	British Masters Championships 2024	Swansea	MAS1147	0
2:57.77	463	H	04/06/23	British Masters Championships	Sheffield	MAS1046	0
3:02.63	427	F	05/03/23	Swim Wales Open Masters 2023	Swansea	MAS1078	0
3:06.78	399	F	01/03/20	Swim Wales Open Masters 2020	Wales National Pool	MAS907	0