

Individual Best Times (Masters)

Mike Ireland - (67982) - 4 Shires Swimming Club - 400 Freestyle - Short Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
4:54.40	374		06/05/11	ASA Midland Masters Meet	Leamington Spa	MAS286	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
4:54.40	374		06/05/11	ASA Midland Masters Meet	Leamington Spa	MAS286	0