

Individual Best Times (Masters)

Karen Graham - (749772) - Harrogate District SC - 400 Freestyle - Long Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
4:57.77	493	H	18/01/20	SSE LC Masters 2020	Crawley	MAS897	0
4:58.35	491	H	18/05/18	Norfolk Masters Open Meet	Norfolk	MAS818	0
4:58.38	490	F	17/06/17	British Masters & Senior Age Group Champs	Aberdeen	MAS683	0
4:58.71	489	H	03/04/16	British Masters & Senior Age Group Meet	Sheffield	MAS598	0
4:59.23	486	H	01/06/19	Yorkshire SA Masters Champs 2019	Sheffield	MAS847	0
5:02.94	469		31/01/15	SER Masters Long Course Meet	Crawley	MAS505	0
5:05.40	457	H	23/01/16	SER Long Course Masters Meet	Crawley	MAS585	0
5:05.40	457		23/01/16	SER Long Course Masters Meet	Crawley	MAS585	0
5:07.50	448	H	09/03/24	AP Race Masters 50m Grand Prix 2024	Sunderland	MAS1129	0
5:07.62	447	H	21/01/23	Swim South East LC Masters Meet	Crawley	MAS1007	0
5:09.57	439		01/02/14	South East Region LC Masters	Crawley	MAS462	0

Swim Order

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