

Individual Best Times (Masters)

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

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
4:49.91	507	H	29/10/16	ASA National Masters 2016	Sheffield	MAS639	0
4:51.63	498	H	22/02/20	SENW Masters Championships	Blackpool	MAS900	0
4:52.16	496	H	26/10/18	Swim England Masters Meet 2018	Sheffield	MAS801	0
4:52.58	494	H	28/10/17	Swim England Masters National Championships	Sheffield	MAS718	0
4:52.85	492	H	09/07/16	Cheshire County Masters Meet	Stockport	MAS619	0
4:57.15	471		06/07/13	North West Region Masters	Blackpool	MAS398	0
4:58.31	466	H	25/02/23	Swim North West Masters Championships	Blackpool	MAS1013	0
5:00.29	456		27/10/12	BG ASA Masters & Senior Meet	Sheffield	MAS335	0
5:00.60	455	H	25/10/14	ASA Masters Short Course Meet 2014	Sheffield	MAS494	0
5:01.35	452	H	20/09/14	ASANER Masters Championships	South Shields	MAS485	0
5:02.35	447	F	25/04/15	Scottish Masters Short Course Meet	Glasgow	MAS535	0
5:03.55	442	H	30/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
4:58.31	466	H	25/02/23	Swim North West Masters Championships	Blackpool	MAS1013	0
5:03.55	442	H	30/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
4:51.63	498	H	22/02/20	SENW Masters Championships	Blackpool	MAS900	0
4:52.16	496	H	26/10/18	Swim England Masters Meet 2018	Sheffield	MAS801	0
4:52.58	494	H	28/10/17	Swim England Masters National Championships	Sheffield	MAS718	0
4:49.91	507	H	29/10/16	ASA National Masters 2016	Sheffield	MAS639	0
4:52.85	492	H	09/07/16	Cheshire County Masters Meet	Stockport	MAS619	0
5:02.35	447	F	25/04/15	Scottish Masters Short Course Meet	Glasgow	MAS535	0
5:00.60	455	H	25/10/14	ASA Masters Short Course Meet 2014	Sheffield	MAS494	0
5:01.35	452	H	20/09/14	ASANER Masters Championships	South Shields	MAS485	0
4:57.15	471		06/07/13	North West Region Masters	Blackpool	MAS398	0
5:00.29	456		27/10/12	BG ASA Masters & Senior Meet	Sheffield	MAS335	0