

Individual Best Times (Masters)

Thomas Allen - (797449) - Flitwick Dolphins SC - 400 Individual Medley - Long Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
5:31.19	392	F	20/04/24	British Masters Championships 2024	Swansea	MAS1147	0
5:32.31	388	H	02/06/23	British Masters Championships	Sheffield	MAS1046	0
5:34.32	381	F	17/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
5:36.86	373	H	10/03/24	AP Race Masters 50m Grand Prix 2024	Sunderland	MAS1129	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
5:31.19	392	F	20/04/24	British Masters Championships 2024	Swansea	MAS1147	0
5:36.86	373	H	10/03/24	AP Race Masters 50m Grand Prix 2024	Sunderland	MAS1129	0
5:32.31	388	H	02/06/23	British Masters Championships	Sheffield	MAS1046	0
5:34.32	381	F	17/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0