

Individual Best Times (Masters)

Thomas Allen - (797449) - Flitwick Dolphins SC - 400 Freestyle - Short Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
4:42.83	422	H	25/11/23	AP Race Masters Grand Prix 2023	Derby	MAS1103	0
4:44.41	415	H	01/10/23	East Region Masters Championships	Newmarket	MAS1081	0
4:45.49	410	H	29/09/19	Swim England East Region Seniors & Masters	Newmarket	MAS877	0
4:51.23	387	H	12/03/22	Essex Masters Championships	Basildon	MAS948	0

Swim Order

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