

Individual Best Times (Masters)

Paul Clemence - (821582) - East Leeds SC - 400 Freestyle - Short Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
4:25.76	509		25/02/12	North West region Masters	Blackpool	MAS379	0
4:32.69	471	H	28/10/17	Swim England Masters National Championships	Sheffield	MAS718	0
4:33.73	466		11/12/16	South Yorkshire Masters 2016	Sheffield	MAS645	0
4:36.81	450	H	20/02/16	North West Masters Meet	Blackpool	MAS593	0
4:39.77	436	H	02/07/17	Northumberland & Durham Masters Meet	South Shields	MAS686	0
4:42.60	423		11/07/15	ASA North West Region Masters Meet	Blackpool	MAS553	0
4:51.43	386	H	29/02/20	8th Billingham Masters 2020	Billingham	MAS906	0

Swim Order

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