

Individual Best Times (Masters)

Joseph Lound-Keast - (870405) - Biggleswade SC - 400 Freestyle - Short Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
6:13.75	183		17/02/19	Valentine Masters Meet 2019	Kingfisher LP	MAS823	0
6:13.99	182	F	24/04/22	8th Newmarket Masters Meet 2022	Newmarket	MAS951	0
6:14.76	181	F	22/04/18	5th Newmarket Club Masters Open 2018	Newmarket	MAS757	0
6:16.52	179	H	01/10/17	East Swimming Open Masters Meet	Newmarket	MAS712	0
6:16.69	178	H	28/10/17	Swim England Masters National Championships	Sheffield	MAS718	0
6:17.18	178	F	29/04/19	5th Newmarket Club Masters Open 2018	Newmarket	MAS840	0
6:20.07	174	F	20/05/18	Erith Masters Meet	Erith	MAS762	0
6:23.58	169	H	10/10/21	East Region Masters Championships	Newmarket	MAS922	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
6:13.99	182	F	24/04/22	8th Newmarket Masters Meet 2022	Newmarket	MAS951	0
6:23.58	169	H	10/10/21	East Region Masters Championships	Newmarket	MAS922	0
6:17.18	178	F	29/04/19	5th Newmarket Club Masters Open 2018	Newmarket	MAS840	0
6:13.75	183		17/02/19	Valentine Masters Meet 2019	Kingfisher LP	MAS823	0
6:20.07	174	F	20/05/18	Erith Masters Meet	Erith	MAS762	0
6:14.76	181	F	22/04/18	5th Newmarket Club Masters Open 2018	Newmarket	MAS757	0
6:16.69	178	H	28/10/17	Swim England Masters National Championships	Sheffield	MAS718	0
6:16.52	179	H	01/10/17	East Swimming Open Masters Meet	Newmarket	MAS712	0