

Individual Best Times (Masters)

Jo Corben - (9690) - South Downs Trojan Swimming Club - 400 Individual Medley - Long Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
5:25.33	545	H	04/06/05	GB Masters Championships 2005	Glasgow	ASA052	0
5:26.82	538		24/03/07	South East Region Masters Meet	Crawley	MAS040	0
5:32.96	509		21/06/09	British Gas Masters 2009	Cardiff	MAS150	0
5:36.14	494		03/02/08	London & SE Region Masters Mt	Crawley	MAS092	0
5:36.87	491		30/01/10	South Region Masters Meet	Crawley	MAS212	0
5:39.70	479		30/01/11	SER Masters Long Course Meet	Crawley	MAS270	0
5:53.55	425	H	22/01/23	Swim South East LC Masters Meet	Crawley	MAS1007	0
5:53.76	424	F	06/03/22	Swim Wales Open Masters 2022	Swansea	MAS943	0
6:00.30	401	H	21/01/24	SSE LC Masters Meet 2024	Crawley	MAS1115	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
6:00.30	401	H	21/01/24	SSE LC Masters Meet 2024	Crawley	MAS1115	0
5:53.55	425	H	22/01/23	Swim South East LC Masters Meet	Crawley	MAS1007	0
5:53.76	424	F	06/03/22	Swim Wales Open Masters 2022	Swansea	MAS943	0
5:39.70	479	H	30/01/11	SER Masters Long Course Meet	Crawley	MAS270	0
5:36.87	491		30/01/10	South Region Masters Meet	Crawley	MAS212	0
5:32.96	509		21/06/09	British Gas Masters 2009	Cardiff	MAS150	0
5:36.14	494		03/02/08	London & SE Region Masters Mt	Crawley	MAS092	0
5:26.82	538		24/03/07	South East Region Masters Meet	Crawley	MAS040	0
5:25.33	545		04/06/05	GB Masters Championships 2005	Glasgow	ASA052	0