

# Individual Best Times (Masters)

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

Time Order

| Time    | FINA Pts | Round | Swim Date | Meet                            | Venue          | Licence | Level |
|---------|----------|-------|-----------|---------------------------------|----------------|---------|-------|
| 4:47.91 | 546      |       | 24/03/07  | South East Region Masters Meet  | Crawley        | MAS040  | 0     |
| 4:48.90 | 540      | H     | 01/06/02  | Great Britain Masters Champs    | Crystal Palace | ASA022  | 0     |
| 4:51.07 | 528      |       | 28/01/06  | London Masters Champs 2006      | Crystal Palace | MAS005  | 0     |
| 4:57.13 | 497      | H     | 20/01/18  | Swim South East LC Masters 2018 | Crawley        | MAS733  | 0     |
| 5:03.10 | 468      | F     | 21/09/19  | GLLAM 2019                      | London         | MAS875  | 0     |
| 5:03.86 | 464      |       | 10/02/13  | South East LC Masters Meet      | Crawley        | MAS384  | 0     |

Swim Order

| Time    | FINA Pts | Round | Swim Date | Meet                            | Venue          | Licence | Level |
|---------|----------|-------|-----------|---------------------------------|----------------|---------|-------|
| 5:03.10 | 468      | F     | 21/09/19  | GLLAM 2019                      | London         | MAS875  | 0     |
| 4:57.13 | 497      | H     | 20/01/18  | Swim South East LC Masters 2018 | Crawley        | MAS733  | 0     |
| 5:03.86 | 464      |       | 10/02/13  | South East LC Masters Meet      | Crawley        | MAS384  | 0     |
| 4:47.91 | 546      |       | 24/03/07  | South East Region Masters Meet  | Crawley        | MAS040  | 0     |
| 4:51.07 | 528      |       | 28/01/06  | London Masters Champs 2006      | Crystal Palace | MAS005  | 0     |
| 4:48.90 | 540      | H     | 01/06/02  | Great Britain Masters Champs    | Crystal Palace | ASA022  | 0     |