Individual Best Times (All Time)

Lauren Askew - (1218268) - Atlantis Swimming Club - 200 Butterfly - Long Course Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|---|--------------|-----------------|-------|
| 2:47.00 | 388 | F | 23/03/24 | Guildford City L1 Spring Open Meet 2024 | Guildford | | 1 |
| 2:47.30 | 385 | Н | 12/05/24 | Romford Last Chance L1 National Qualifier Meet 24 | Crawley | Atlantis | 1 |
| 2:48.24 | 379 | F | 04/05/24 | SE South East Region LC Championships 2024 | High Wycombe | | 1 |
| 2:48.48 | 377 | Н | 04/05/24 | SE South East Region LC Championships 2024 | High Wycombe | | 1 |
| 2:49.63 | 370 | F | 24/09/23 | Crawley SC Lis Hartley Open Meet L3 2023 | Crawley | | 3 |
| 2:50.73 | 363 | F | 25/02/24 | Sussex County ASA County Championships | Crawley | | 1 |
| 2:55.53 | 334 | F | 10/04/22 | Crawley SC Spring L1 Open Meet 2022 | Crawley | | 1 |
| 2:56.56 | 328 | F | 27/02/22 | Surrey County Age Group Championships 2022 | Guildford | | 1 |
| 3:03.61 | 291 | Н | 31/07/21 | South East Festival of Swimming 2021 | Crawley | Dorking | 1 |
| 3:15.57 | 241 | F | 26/01/20 | Surrey Age Group Championships 2020 | Surrey | Dorking | 1 |
| 3:26.30 | 205 | F | 26/01/19 | Surrey Age Group Championships 2019 | Surrey | Dorking | 1 |
| 3:49.23 | 150 | F | 13/01/18 | Surrey Age Group Championships 2018 | Surrey | Dorking | 1 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|--------------------------|----------|-------|----------|---|--------------|-------------------------|--------------|
| 2:47.30 | 385 | Н | 12/05/24 | Romford Last Chance L1 National Qualifier Meet 24 | Crawley | Atlantis | 1 |
| 2:48.24 | 379 | F | 04/05/24 | SE South East Region LC Championships 2024 | High Wycombe | | 1 |
| 2:48.48 | 377 | Н | 04/05/24 | SE South East Region LC Championships 2024 | High Wycombe | | 1 |
| 2:47.00 | 388 | F | 23/03/24 | Guildford City L1 Spring Open Meet 2024 | Guildford | | 1 |
| 2:50.73 | 363 | F | 25/02/24 | Sussex County ASA County Championships | Crawley | | 1 |
| 2:49.63 | 370 | F | 24/09/23 | Crawley SC Lis Hartley Open Meet L3 2023 | Crawley | | 3 |
| 2:55.53 | 334 | F | 10/04/22 | Crawley SC Spring L1 Open Meet 2022 | Crawley | | 1 |
| 2:56.56 | 328 | F | 27/02/22 | Surrey County Age Group Championships 2022 | Guildford | | 1 |
| 3:03.61 | 291 | Н | 31/07/21 | South East Festival of Swimming 2021 | Crawley | Dorking | 1 |
| 3:15.57 | 241 | F | 26/01/20 | Surrey Age Group Championships 2020 | Surrey | Dorking | 1 |
| 3:26.30 opyright 2024 | 205 1 | F | 26/01/19 | Surrey Age Group Championships 2019 | Surrey | Dorking Powered By SPOR | 1 FSYSTEM |

150 F

3:49.23

Surrey Dorking

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