

# Individual Best Times (All Time)

Lauren Askew - (1218268) - Atlantis Swimming Club - 400 Individual Medley - 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
5:43.56	463	F	24/03/24	Guildford City L1 Spring Open Meet 2024	Guildford		1
5:45.89	454	F	10/02/24	Sussex County ASA County Championships	Crawley		1
5:47.14	449	F	05/02/22	Surrey County Age Group Championships 2022	Guildford		1
5:50.23	437	F	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley		3
5:50.27	437	F	21/01/23	Surrey County Age Group Championships 2023	Guildford		1
6:02.36	394	F	25/09/21	Crawley SC Lis Hartley L3 Crawley LC Open Meet 21	Crawley		3
6:20.04	342	F	08/03/20	Atlantis Regional Chaser 2020 Level 3 Open Meet	Crawley	Dorking	3
6:27.51	322	F	09/02/19	Surrey Age Group Championships 2019	London	Dorking	1
6:31.53	313	F	28/09/19	Lis Hartley Long Course Open Meet	K2 LC	Dorking	3

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5:43.56	463	F	24/03/24	Guildford City L1 Spring Open Meet 2024	Guildford		1
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5:50.23	437	F	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley		3
5:50.27	437	F	21/01/23	Surrey County Age Group Championships 2023	Guildford		1
5:47.14	449	F	05/02/22	Surrey County Age Group Championships 2022	Guildford		1
6:02.36	394	F	25/09/21	Crawley SC Lis Hartley L3 Crawley LC Open Meet 21	Crawley		3
6:20.04	342	F	08/03/20	Atlantis Regional Chaser 2020 Level 3 Open Meet	Crawley	Dorking	3
6:31.53	313	F	28/09/19	Lis Hartley Long Course Open Meet	K2 LC	Dorking	3
6:27.51	322	F	09/02/19	Surrey Age Group Championships 2019	London	Dorking	1