

# Individual Best Times (All Time)

Lauren Grice - (397427) - Dunstable SC - 50 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 |
|-------|--------|-------|----------|---|---------------|-----------------|-------|
| 30.14 | 532    | F     | 04/02/17 | Bedfordshire ASA 2017 Age Group & County Champs   | Luton         | Leighton Buz    | 1     |
| 30.50 | 513    | F     | 01/02/20 | Bedfordshire ASA 2020 Age Group and County Champs | Luton         | Leighton Buz    | 1     |
| 30.52 | 512    | H     | 04/02/17 | Bedfordshire ASA 2017 Age Group & County Champs   | Luton         | Leighton Buz    | 1     |
| 30.59 | 509    | H     | 14/02/16 | Bedfordshire Age Group & County Champs            | Luton         | Leighton Buz    | 1     |
| 30.60 | 508    | H     | 05/05/19 | Swim England East Region Long Course Champs       | Inspire Luton | Leighton Buz    | 1     |
| 30.72 | 502    | H     | 01/02/20 | Bedfordshire ASA 2020 Age Group and County Champs | Luton         | Leighton Buz    | 1     |
| 30.81 | 498    | F     | 03/02/18 | Bedfordshire 2018 Age Group & County Champs       | Luton         | Leighton Buz    | 1     |
| 30.94 | 492    | F     | 02/02/19 | Bedfordshire ASA 2019 Age Group and County Champs | Luton         | Leighton Buz    | 1     |
| 30.97 | 490    | H     | 04/11/17 | East Region Winter Championships                  | Norwich       | Leighton Buz    | 1     |
| 31.04 | 487    | H     | 01/05/23 | Swim England East Region LC Championships 2023    | Norwich       | Dunstable       | 1     |
| 31.05 | 487    | H     | 02/02/19 | Bedfordshire ASA 2019 Age Group and County Champs | Luton         | Leighton Buz    | 1     |
| 31.06 | 486    | H     | 01/05/17 | ASA East Long Course Championships                | Luton         | Leighton Buz    | 1     |
| 31.06 | 486    | H     | 03/02/18 | Bedfordshire 2018 Age Group & County Champs       | Luton         | Leighton Buz    | 1     |
| 31.09 | 485    | F     | 04/05/15 | ASA East Region Summer Championships Weekend 1    | Luton         | Leighton Buz    | 1     |
| 31.27 | 476    | H     | 12/03/23 | Putteridge SC Spring LC National Qualifier 2023   | Luton         | Dunstable       | 1     |
| 31.32 | 474    | H     | 02/05/16 | ASA East Region Long Course Championships         | Norwich       | Leighton Buz    | 1     |
| 31.54 | 464    | H     | 04/05/15 | ASA East Region Summer Championships Weekend 1    | Luton         | Leighton Buz    | 1     |
| 31.78 | 454    | H     | 22/03/15 | Bedfordshire ASA County Championships             | Luton         | Leighton Buz    | 1     |

## Swims in Date Order

| Time  | WA Pts | Round | Date     | Meet  | Venue         | Club Swam Under | Level |
|-------|--------|-------|----------|---|---------------|-----------------|-------|
| 31.04 | 487    | H     | 01/05/23 | Swim England East Region LC Championships 2023    | Norwich       | Dunstable       | 1     |
| 31.27 | 476    | H     | 12/03/23 | Putteridge SC Spring LC National Qualifier 2023   | Luton         | Dunstable       | 1     |
| 30.50 | 513    | F     | 01/02/20 | Bedfordshire ASA 2020 Age Group and County Champs | Luton         | Leighton Buz    | 1     |
| 30.72 | 502    | H     | 01/02/20 | Bedfordshire ASA 2020 Age Group and County Champs | Luton         | Leighton Buz    | 1     |
| 30.60 | 508    | H     | 05/05/19 | Swim England East Region Long Course Champs       | Inspire Luton | Leighton Buz    | 1     |

|       |     |   |          |   |         |              |   |
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| 30.94 | 492 | F | 02/02/19 | Bedfordshire ASA 2019 Age Group and County Champs | Luton   | Leighton Buz | 1 |
| 31.05 | 487 | H | 02/02/19 | Bedfordshire ASA 2019 Age Group and County Champs | Luton   | Leighton Buz | 1 |
| 30.81 | 498 | F | 03/02/18 | Bedfordshire 2018 Age Group & County Champs       | Luton   | Leighton Buz | 1 |
| 31.06 | 486 | H | 03/02/18 | Bedfordshire 2018 Age Group & County Champs       | Luton   | Leighton Buz | 1 |
| 30.97 | 490 | H | 04/11/17 | East Region Winter Championships                  | Norwich | Leighton Buz | 1 |
| 31.06 | 486 | H | 01/05/17 | ASA East Long Course Championships                | Luton   | Leighton Buz | 1 |
| 30.14 | 532 | F | 04/02/17 | Bedfordshire ASA 2017 Age Group & County Champs   | Luton   | Leighton Buz | 1 |
| 30.52 | 512 | H | 04/02/17 | Bedfordshire ASA 2017 Age Group & County Champs   | Luton   | Leighton Buz | 1 |
| 31.32 | 474 | H | 02/05/16 | ASA East Region Long Course Championships         | Norwich | Leighton Buz | 1 |
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| 31.78 | 454 | H | 22/03/15 | Bedfordshire ASA County Championships             | Luton   | Leighton Buz | 1 |