

Individual Best Times (All Time)

Lauren Grice - (397427) - Dunstable SC - 400 Freestyle - 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
4:45.21	562	H	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	Leighton Buz	1
4:45.21	562	H	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	Leighton Buz	1
4:45.50	560	H	29/04/17	ASA East Long Course Championships	Luton	Leighton Buz	1
4:45.66	559	H	21/03/15	Bedfordshire ASA County Championships	Luton	Leighton Buz	1
4:47.03	551	H	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	Leighton Buz	1
4:47.09	551	H	13/02/16	Bedfordshire Age Group & County Champs	Luton	Leighton Buz	1
4:52.31	522	H	04/05/14	ASA East Region Youth Championships	Luton	Leighton Buz	1

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