

Individual Best Times (All Time)

Aiyana Lawson - (526347) - City Of Milton Keynes - 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
5:11.76	620	H	14/04/18	Team Luton April Long Course Meet 2018	Luton	Co Milton K	1
5:11.92	619	H	26/03/17	City of Sheffield Premier Meet	Sheffield	Co Milton K	1
5:11.98	618	H	14/05/16	City of Sheffield Swim Squad No Frills Meet	Sheffield	Co Milton K	1
5:12.38	616	H	26/07/16	British Summer Championships	Sheffield	Co Milton K	1
5:12.97	613	F	28/02/16	Aquae Sulis Spring Grand Prix	Bristol	Co Milton K	1
5:15.71	597	H	07/03/15	Bedfordshire ASA County Championships	Luton		1
5:15.89	596	H	31/07/18	Swim England National Summer Meet	Sheffield	Co Milton K	1
5:16.22	594	H	01/05/16	ASA South East Region Swimming Championships	Portsmouth	Co Milton K	1
5:16.76	591	H	16/04/16	Team Luton April Long Course Meet	Luton	Co Milton K	1
5:16.80	591	H	24/05/15	ASA East Region Summer Championships	Norwich		1
5:17.75	585	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Co Milton K	1
5:18.83	579	H	19/12/15	Northampton 2015 Long Course Winter Festival	Corby	Co Milton K	1
5:18.94	579	H	17/05/15	Northampton Spring Festival	Corby		1
5:19.95	573	H	18/04/15	British Championships 2015	London		1
5:20.84	569	H	13/05/17	Team Luton May Long Course Meet 2017	Luton	Co Milton K	1
5:21.05	567	H	14/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	Bedford SS	1
5:21.37	566	H	18/01/15	City of Sunderland New Year Meet	Sunderland		1
5:24.03	552	H	30/04/17	ASA South East Region Championships 2017	Wycombe	Co Milton K	1
5:24.22	551	H	11/04/15	Team Luton April Long Course Meet	Luton		1
5:27.18	536	H	18/05/14	Northampton SC Spring Festival Open Meet	Corby	Bedford SS	1
5:27.45	535	H	16/11/13	Team Luton Autumn LC Open Meet	Luton	Bedford SS	1
5:27.81	533	H	24/05/14	Team Luton Last Chance National Qualifier 2014	Luton	Bedford SS	1
5:28.30	531	F	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	Bedford SS	1
5:28.69	529	H	08/08/15	ASA Summer Nationals 2015	Sheffield		1
5:29.44	525	H	28/07/13	BG ASA National Age Groups 2013	Sheffield	Bedford SS	1
5:30.33	521	F	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	Bedford SS	1
5:33.44	506	H	26/01/13	ASA Central Region Zonal Competition	Corby	Bedford SS	1

5:33.44	506	H	26/01/13	ASA Central Region Zonal Competition	Corby	Bedford SS	1
5:34.42	502	H	09/02/13	Derventio February Festival	Sheffield	Bedford SS	1
5:34.96	500	H	08/06/13	BGASA East Region Age Group Champs	Norwich	Bedford SS	1
5:38.87	482	H	07/12/13	ASA East Regionals Winter Championships	Norwich	Bedford SS	1
5:49.02	442	F	07/04/12	Portsmouth Northsea Easter Festival	Portsmouth	Bedford SS	1
5:49.78	439	H	15/07/12	Northampton SC Summer Festival Meet 2012	Corby	Bedford SS	4
5:50.43	436	H	03/06/12	Midlands Age Group Championships	Coventry	Bedford SS	1
5:52.40	429		17/03/12	Northamptonshire County Championships	Corby	Bedford SS	1
6:24.85	329	H	05/06/11	BG Midlands Age Group Championships	Coventry	Bedford SS	1
6:26.87	324	H	22/05/11	Northampton May Open Meet	Corby	Bedford SS	1

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