

# Individual Best Times (All Time)

Aiyana Lawson - (526347) - City Of Milton Keynes - 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
4:38.36	604	H	16/05/15	Northampton Spring Festival	Corby		1
4:41.09	587	F	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	Bedford SS	1
4:41.21	586	H	21/03/15	Bedfordshire ASA County Championships	Luton		1
4:42.08	581	H	23/05/15	ASA East Region Summer Championships	Norwich		1
4:42.37	579	H	12/04/15	Team Luton April Long Course Meet	Luton		1
4:43.72	571	F	04/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	Bedford SS	1
4:43.91	569	H	17/05/14	Northampton SC Spring Festival Open Meet	Corby	Bedford SS	1
4:44.41	566	H	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	Bedford SS	1
4:44.94	563	H	08/06/14	BGASA East Region Championships 2014	Norwich	Bedford SS	1
4:45.39	561	H	18/01/15	City of Sunderland New Year Meet	Sunderland		1
4:45.65	559	H	22/12/13	Northampton Winter Festival Open Meet	Corby	Bedford SS	1
4:48.08	545	H	19/10/13	Lincoln Vulcans Long Course Meet	Sheffield	Bedford SS	1
4:49.08	539	H	02/06/13	BGASA East Region Age Group Champs	Norwich	Bedford SS	1
4:49.44	537	H	08/12/13	ASA East Regionals Winter Championships	Norwich	Bedford SS	1
4:49.84	535	H	25/01/14	Central Zonal Meet 2014	Corby	Bedford SS	1
4:51.93	524	H	18/05/13	Northampton Spring Meet 2013	Corby	Bedford SS	1
4:53.61	515	F	20/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	Bedford SS	1
4:54.58	510	H	16/12/12	Northampton SC Winter Festival Open Meet	Corby	Bedford SS	1
4:55.19	506	F	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	Bedford SS	1
4:55.66	504	H	09/02/13	Derventio February Festival	Sheffield	Bedford SS	1
4:58.08	492	F	31/03/13	City of Norwich SC Easter Meet 2013	Norwich	Bedford SS	1
4:58.34	491	F	30/07/13	Swim Wales Summer Nationals	Swansea	Bedford SS	1
5:07.66	447	H	19/05/12	Northampton SC May Open Meet	Corby	Bedford SS	1
5:08.72	443	H	14/07/12	Northampton SC Summer Festival Meet 2012	Corby	Bedford SS	4
5:09.69	439	H	10/06/12	Midland Age Group Championships	Coventry	Bedford SS	1
5:11.87	429	F	07/04/12	Portsmouth Northsea Easter Festival	Portsmouth	Bedford SS	1
5:16.28	411	F	10/03/10	Bedfordshire County Championships	Corby	Bedford SS	1

5:16.36	411		12/02/12	Northamptonshire County Championships	Corby	Bedford SS	1
5:27.46	371	H	10/07/11	Northampton SC Summer Festival Open Meet	Corby	Bedford SS	4
5:31.33	358	H	12/06/11	BG Midlands Age Group Championships	Coventry	Bedford SS	1
5:32.50	354	H	21/05/11	Northampton May Open Meet	Corby	Bedford SS	1
5:44.40	319		19/03/11	Northamptonshire County Championships	Corby	Bedford SS	1

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