

# Individual Best Times (All Time)

Kaelah Lawson - (526351) - 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
5:19.17	578	F	02/08/19	Swim Wales Summer Nationals	Swansea	Co Milton K	1
5:21.71	564	H	06/05/18	Swim England South East Championships 2018	Wycombe	Co Milton K	1
5:21.85	563	F	12/03/17	Wycombe Long Course Premier Open Meet	Wycombe	Co Milton K	1
5:22.69	559	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Co Milton K	1
5:23.01	557	H	30/04/17	ASA South East Region Championships 2017	Wycombe	Co Milton K	1
5:23.67	554	H	31/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Co Milton K	1
5:24.11	551	H	19/04/19	Beckenham Easter International Open 2019	London	Co Milton K	1
5:24.47	550	F	29/05/17	PNSC May Madness Meet	Portsmouth	Co Milton K	1
5:25.50	544	H	15/04/17	Team Luton April Long Course Meet 2017	Luton	Co Milton K	1
5:25.52	544	H	13/05/17	Team Luton May Long Course Meet 2017	Luton	Co Milton K	1
5:25.60	544	F	11/03/18	WDSC Long Course Premier Open Meet	Wycombe	Co Milton K	1
5:26.67	539	H	27/05/18	DX 2nd Long Course Open Meet	Sheffield	Co Milton K	1
5:28.07	532	H	05/05/19	Swim England 15 Over Swimming Championships 2019	Wycombe	Co Milton K	1
5:28.43	530	H	26/03/17	City of Sheffield Premier Meet	Sheffield	Co Milton K	1
5:29.68	524	H	29/05/16	ASA South East Region Swimming Championships	Crawley	Co Milton K	1
5:32.01	513	F	19/02/17	WDSC Long Course "No Frills" Invitation Meet	Wycombe	Co Milton K	1
5:32.65	510	F	28/02/16	Aquae Sulis Spring Grand Prix	Bristol	Co Milton K	1
5:33.10	508	H	07/03/15	Bedfordshire ASA County Championships	Luton		1
5:35.79	496	H	16/04/16	Team Luton April Long Course Meet	Luton	Co Milton K	1
5:40.43	476	H	18/05/14	Northampton SC Spring Festival Open Meet	Corby	Bedford SS	1
5:43.81	462	H	16/11/13	Team Luton Autumn LC Open Meet	Luton	Bedford SS	1
5:44.17	460	H	14/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	Bedford SS	1
5:45.00	457	H	24/05/15	ASA East Region Summer Championships	Norwich		1
5:45.27	456	H	24/05/14	Team Luton Last Chance National Qualifier 2014	Luton	Bedford SS	1
5:45.29	456	F	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	Bedford SS	1
5:48.17	445	F	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	Bedford SS	1
5:48.24	445	H	11/04/15	Team Luton April Long Course Meet	Luton		1

5:48.24	443	H	11/04/13	Team Luton April Long Course Meet	Luton		
5:48.55	443	H	17/05/15	Northampton Spring Festival	Corby		1
5:49.91	438	H	14/07/13	Northampton Summer Festival Open Meet	Northampton	Bedford SS	3
6:01.53	397	H	08/06/13	BGASA East Region Age Group Champs	Norwich	Bedford SS	1
6:05.99	383	F	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	Bedford SS	1

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