

Individual Best Times (All Time)

Lauren Woods - (549079) - Lincoln Vulcans SC - 50 Backstroke - 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
34.18	485	F	06/06/15	Midlands Championships 2015	Coventry	Lincoln Vulc	1
34.46	473	H	16/05/15	Northampton Spring Festival	Corby	Lincoln Vulc	1
34.47	473	H	17/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	Lincoln Vulc	1
34.49	472	H	06/06/15	Midlands Championships 2015	Coventry	Lincoln Vulc	1
34.97	453	H	02/05/16	ASA East Midland Region Swimming Champs	Sheffield	Lincoln Vulc	1
35.05	450	H	25/03/16	City of Sheffield Swim Squad Premier Meet	Sheffield	Lincoln Vulc	1
35.13	446	H	10/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	Lincoln Vulc	1
35.76	423	H	13/01/18	City of Sunderland New Year Meet 2018	Sunderland	Lincoln Vulc	1
36.45	400	H	26/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	Lincoln Vulc	3
36.75	390	H	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	Lincoln Vulc	3
38.22	347	H	30/11/13	City of Sheffield Snow Frills Gala	Sheffield	Lincoln Vulc	3
38.39	342	H	22/09/13	City of Sheffield 31st Annual Teaspoon Gala	Sheffield	Lincoln Vulc	3
38.49	339	F	22/09/13	City of Sheffield 31st Annual Teaspoon Gala	Sheffield	Lincoln Vulc	3
39.41	316	H	11/05/13	Derventio Excel Swim Squad 7th LC Open	Sheffield	Lincoln Vulc	1
41.67	267	H	19/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	Lincoln Vulc	3
47.61	179	H	21/01/12	Rotherham Metro A & B Grade Gala	Sheffield	Lincoln Vulc	3

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