

Individual Best Times (All Time)

Lauren Woods - (549079) - Lincoln Vulcans SC - 200 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
2:32.11	530	H	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	Lincoln Vulc	1
2:33.38	517	F	12/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Lincoln Vulc	1
2:33.42	517	H	30/05/15	Midlands Championships 2015	Coventry	Lincoln Vulc	1
2:33.55	515	F	30/05/15	Midlands Championships 2015	Coventry	Lincoln Vulc	1
2:33.62	515	H	16/05/15	Northampton Spring Festival	Corby	Lincoln Vulc	1
2:33.84	512	F	16/05/15	Northampton Spring Festival	Corby	Lincoln Vulc	1
2:36.09	490	H	01/05/16	ASA East Midland Region Swimming Champs	Sheffield	Lincoln Vulc	1
2:36.73	484	H	11/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	Lincoln Vulc	1
2:38.14	472	H	14/05/16	City of Sheffield Swim Squad No Frills Meet	Sheffield	Lincoln Vulc	1
2:39.74	458	H	20/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield	Lincoln Vulc	1
2:40.44	452	H	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	Lincoln Vulc	1
2:41.60	442	H	14/06/14	Midland Age Group Championships 2014	Coventry	Lincoln Vulc	1
2:44.56	419	H	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield	Lincoln Vulc	1
2:45.81	409	H	18/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	Lincoln Vulc	1
2:45.94	408	H	01/12/13	City of Sheffield Snow Frills Gala	Sheffield	Lincoln Vulc	3
2:46.33	405	H	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	Lincoln Vulc	3
2:51.00	373	H	21/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	Lincoln Vulc	1
2:54.34	352	H	11/05/13	Derventio Excel Swim Squad 7th LC Open	Sheffield	Lincoln Vulc	1
2:54.38	352	H	19/10/13	Lincoln Vulcans Long Course Meet	Sheffield	Lincoln Vulc	1
3:02.74	305	H	19/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	Lincoln Vulc	3
3:24.43	218	H	20/05/12	Rotherham Metro SC Long Course Open Meet	Sheffield	Lincoln Vulc	1
3:30.74	199	H	21/01/12	Rotherham Metro A & B Grade Gala	Sheffield	Lincoln Vulc	3

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