

Individual Best Times (All Time)

Lauren Woods - (549079) - Lincoln Vulcans SC - 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
5:17.59	586	H	01/08/16	ASA Summer Nationals 2016	Sheffield	Lincoln Vulc	1
5:18.56	581	F	01/08/16	ASA Summer Nationals 2016	Sheffield	Lincoln Vulc	1
5:20.38	571	F	12/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Lincoln Vulc	1
5:20.55	570	H	01/05/16	ASA East Midland Region Swimming Champs	Sheffield	Lincoln Vulc	1
5:25.10	546	H	15/04/18	Swim England East Midland Championships 2018	Sheffield	Lincoln Vulc	1
5:28.11	532	H	07/06/15	Midlands Championships 2015	Coventry	Lincoln Vulc	1
5:30.01	522	H	13/05/17	City of Sheffield No Frills Meet	Sheffield	Lincoln Vulc	1
5:34.61	501	H	12/04/15	Derventio Excel 9th Open Meet	Sheffield	Lincoln Vulc	1
5:45.08	457	H	15/06/14	Midland Age Group Championships 2014	Coventry	Lincoln Vulc	1
6:05.77	384	H	21/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	Lincoln Vulc	1
6:30.82	314	H	18/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	Lincoln Vulc	1
7:11.74	233	H	19/05/12	Rotherham Metro SC Long Course Open Meet	Sheffield	Lincoln Vulc	1

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7:11.74

233

H

19/05/12

Rotherham Metro SC Long Course Open Meet

Sheffield

Lincoln Vulc

1