Individual Best Times (All Time)

Lauren Woods - (549079) - Lincoln Vulcans SC - 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
4:38.25	605	Н	26/05/18	DX 2nd Long Course Open Meet	Sheffield	Lincoln Vulc	1
4:38.33	604	Н	14/04/18	Swim England East Midland Championships 2018	Sheffield	Lincoln Vulc	1
4:38.36	604	Н	30/04/16	ASA East Midland Region Swimming Champs	Sheffield	Lincoln Vulc	1
4:40.16	593	Н	09/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	Lincoln Vulc	1
4:43.20	574	F	30/04/16	ASA East Midland Region Swimming Champs	Sheffield	Lincoln Vulc	1
4:43.35	573	F	31/03/18	City of Norwich Easter Long Course Meet	Norwich	Lincoln Vulc	1
4:46.65	553	Н	03/08/16	ASA Summer Nationals 2016	Sheffield	Lincoln Vulc	1
4:49.06	539	Н	08/04/17	Derventio Excel 11th LC Open Meet	Sheffield	Lincoln Vulc	1
4:49.19	539	Н	30/05/15	Midlands Championships 2015	Coventry	Lincoln Vulc	1
4:54.08	512	Н	16/05/15	Northampton Spring Festival	Corby	Lincoln Vulc	1
4:55.31	506	Н	11/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	Lincoln Vulc	1
5:01.43	476	Н	15/06/14	Midland Age Group Championships 2014	Coventry	Lincoln Vulc	1
5:04.58	461	Н	18/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	Lincoln Vulc	1
5:05.05	459	Н	26/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	Lincoln Vulc	3
5:11.98	429	Н	21/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	Lincoln Vulc	1
5:25.97	376	Н	19/10/13	Lincoln Vulcans Long Course Meet	Sheffield	Lincoln Vulc	1
5:28.32	368	Н	09/06/13	Midland Age Groups Championships	Coventry	Lincoln Vulc	1
5:35.59	345	Н	20/10/12	Lincoln Vulcans SC LC Open Meet	Sheffield	Lincoln Vulc	1
5:36.79	341	Н	11/05/13	Derventio Excel Swim Squad 7th LC Open	Sheffield	Lincoln Vulc	1
6:05.11	267	Н	20/05/12	Rotherham Metro SC Long Course Open Meet	Sheffield	Lincoln Vulc	1

Swims in Date Order

	Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
	4:38.25	605	Н	26/05/18	DX 2nd Long Course Open Meet	Sheffield	Lincoln Vulc	1
	4:38.33	604	Н	14/04/18	Swim England East Midland Championships 2018	Sheffield	Lincoln Vulc	1
Cop	4:43.35 yright 202	573 4	F	31/03/18	City of Norwich Easter Long Course Meet	Norwich	Lincoln Vulc Powered By SPORT	1 SYSTEMS

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539	Н	08/04/17	Derventio Excel 11th LC Open Meet	Sheffield	Lincoln Vulc	1
553	Н	03/08/16	ASA Summer Nationals 2016	Sheffield	Lincoln Vulc	1
574	F	30/04/16	ASA East Midland Region Swimming Champs	Sheffield	Lincoln Vulc	1
604	Н	30/04/16	ASA East Midland Region Swimming Champs	Sheffield	Lincoln Vulc	1
593	Н	09/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	Lincoln Vulc	1
539	Н	30/05/15	Midlands Championships 2015	Coventry	Lincoln Vulc	1
512	Н	16/05/15	Northampton Spring Festival	Corby	Lincoln Vulc	1
506	Н	11/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	Lincoln Vulc	1
459	Н	26/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	Lincoln Vulc	3
476	Н	15/06/14	Midland Age Group Championships 2014	Coventry	Lincoln Vulc	1
461	Н	18/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	Lincoln Vulc	1
429	Н	21/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	Lincoln Vulc	1
376	Н	19/10/13	Lincoln Vulcans Long Course Meet	Sheffield	Lincoln Vulc	1
368	Н	09/06/13	Midland Age Groups Championships	Coventry	Lincoln Vulc	1
341	Н	11/05/13	Derventio Excel Swim Squad 7th LC Open	Sheffield	Lincoln Vulc	1
345	Н	20/10/12	Lincoln Vulcans SC LC Open Meet	Sheffield	Lincoln Vulc	1
267	Н	20/05/12	Rotherham Metro SC Long Course Open Meet	Sheffield	Lincoln Vulc	1
	553 574 604 593 539 512 506 459 476 461 429 376 368 341 345	553 H 574 F 604 H 593 H 539 H 512 H 506 H 459 H 476 H 429 H 376 H 368 H 341 H 345 H	553 H 03/08/16 574 F 30/04/16 604 H 30/04/16 593 H 09/04/15 539 H 30/05/15 512 H 16/05/15 506 H 11/01/15 459 H 26/07/14 476 H 15/06/14 461 H 18/05/14 429 H 21/12/13 376 H 19/10/13 368 H 09/06/13 341 H 11/05/13	553 H 03/08/16 ASA Summer Nationals 2016 574 F 30/04/16 ASA East Midland Region Swimming Champs 604 H 30/04/16 ASA East Midland Region Swimming Champs 593 H 09/04/16 Derventio Excel 10th Open Meet 2016 539 H 30/05/15 Midlands Championships 2015 512 H 16/05/15 Northampton Spring Festival 506 H 11/01/15 City of Derby Fourteenth LC Level 1 Open Meet 459 H 26/07/14 CO Sheffield Swim Squad End of Season Summer 476 H 15/06/14 Midland Age Group Championships 2014 461 H 18/05/14 Rotherham Metro SC Level One Long Course Meet 429 H 21/12/13 Derventio eXcel Christmas Cracker Meet 376 H 19/10/13 Lincoln Vulcans Long Course Meet 368 H 09/06/13 Midland Age Groups Championships 341 H 11/05/13 Derventio Excel Swim Squad 7th LC Open 345 H 20/10/12 Lincoln Vulca	H 03/08/16 ASA Summer Nationals 2016 Sheffield 574 F 30/04/16 ASA East Midland Region Swimming Champs Sheffield 604 H 30/04/16 ASA East Midland Region Swimming Champs Sheffield 593 H 09/04/16 Derventio Excel 10th Open Meet 2016 Sheffield 539 H 30/05/15 Midlands Championships 2015 Coventry 512 H 16/05/15 Northampton Spring Festival Corby 506 H 11/01/15 City of Derby Fourteenth LC Level 1 Open Meet Sheffield 459 H 26/07/14 CO Sheffield Swim Squad End of Season Summer Sheffield 476 H 15/06/14 Midland Age Group Championships 2014 Coventry 461 H 18/05/14 Rotherham Metro SC Level One Long Course Meet Sheffield 429 H 21/12/13 Derventio eXcel Christmas Cracker Meet Sheffield 376 H 19/10/13 Lincoln Vulcans Long Course Meet Sheffield 378 H 09/06/13 Midland Age Groups Championships Coventry 441 H 11/05/13 Derventio Excel Swim Squad 7th LC Open Sheffield 459 H 20/10/12 Lincoln Vulcans SC LC Open Meet Sheffield	H 03/08/16 ASA Summer Nationals 2016 Sheffield Lincoln Vulc F 30/04/16 ASA East Midland Region Swimming Champs Sheffield Lincoln Vulc 604 H 30/04/16 ASA East Midland Region Swimming Champs Sheffield Lincoln Vulc 593 H 09/04/16 Derventio Excel 10th Open Meet 2016 Sheffield Lincoln Vulc 539 H 30/05/15 Midlands Championships 2015 Coventry Lincoln Vulc 512 H 16/05/15 Northampton Spring Festival Corby Lincoln Vulc 506 H 11/01/15 City of Derby Fourteenth LC Level 1 Open Meet Sheffield Lincoln Vulc 459 H 26/07/14 CO Sheffield Swim Squad End of Season Summer Sheffield Lincoln Vulc 476 H 15/06/14 Midland Age Group Championships 2014 Coventry Lincoln Vulc 461 H 18/05/14 Rotherham Metro SC Level One Long Course Meet Sheffield Lincoln Vulc 429 H 21/12/13 Derventio eXcel Christmas Cracker Meet Sheffield Lincoln Vulc 376 H 19/10/13 Lincoln Vulcans Long Course Meet Sheffield Lincoln Vulc 368 H 09/06/13 Midland Age Groups Championships Coventry Lincoln Vulc 341 H 11/05/13 Derventio Excel Swim Squad 7th LC Open Sheffield Lincoln Vulc 345 H 20/10/12 Lincoln Vulcans SC LC Open Meet Sheffield Lincoln Vulc

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