

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

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