

Individual Best Times (All Time)

Lauren Empson - (889007) - Rotherham Metro 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
2:46.20	406	H	20/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	Rotherham Mo	3
2:54.56	351	H	21/01/17	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	Rotherham Mo	3
3:02.48	307	H	08/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	Rotherham Mo	1

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