

# Individual Best Times (All Time)

Lauren Empson - (889007) - Rotherham Metro SC - 200 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
2:34.59	543	H	01/12/18	City of Sheffield Snow Frills Meet 2018	Sheffield	Rotherham Mo	3
2:36.71	521	H	02/02/19	Yorkshire County Championships	Leeds	Rotherham Mo	1
2:38.67	502	H	20/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	Rotherham Mo	3
2:40.59	484	H	07/10/17	Lincoln Vulcans Long Course Open Meet	Sheffield	Rotherham Mo	1
2:40.64	483	H	30/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Rotherham Mo	1
2:41.09	479	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Rotherham Mo	1
2:41.34	477	H	04/05/19	Swim England North East Region Championships (50)	Sheffield	Rotherham Mo	1
2:42.62	466	H	27/05/18	North East Region Championships	Leeds	Rotherham Mo	1
2:44.78	448	H	06/04/19	Derventio Excel 13th Long Course Open Meet	Sheffield	Rotherham Mo	1
2:49.78	409	H	26/11/16	City of Sheffield Snow Frills Meet	Sheffield	Rotherham Mo	3
2:50.50	404	H	03/12/16	Bo Barnsley 21st Annual Christmas Sprint	Sheffield	Rotherham Mo	3
2:51.34	398	H	23/04/16	Stocksbridge Spring Open Meet 2016	Sheffield	Rotherham Mo	3
2:51.73	396	H	21/01/17	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	Rotherham Mo	3
2:51.85	395	H	07/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	Rotherham Mo	1
3:15.62	267	H	25/04/15	Stocksbridge Spring Open Meet	Sheffield		3
3:30.29	215	H	22/11/14	City of Sheffield Snow Frills Meet	Sheffield		3
3:55.78	153	H	26/04/14	Stocksbridge Pentaqua Spring Open Meet	Sheffield	Rotherham Mo	3

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