

# Individual Best Times (All Time)

Lauren Empson - (889007) - Rotherham Metro 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
5:26.60	539	H	02/02/20	Yorkshire County Championships Level of Meet	Leeds	Rotherham Mo	1
5:30.50	520	H	03/02/19	Yorkshire County Championships	Leeds	Rotherham Mo	1
5:32.48	511	H	31/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Rotherham Mo	1
5:32.60	510	F	02/02/20	Yorkshire County Championships Level of Meet	Leeds	Rotherham Mo	1
5:33.67	505	H	19/05/18	North East Region Championships	Leeds	Rotherham Mo	1
5:35.07	499	H	13/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	Rotherham Mo	3
5:36.09	495	H	07/04/19	Derventio Excel 13th Long Course Open Meet	Sheffield	Rotherham Mo	1
5:49.41	440	H	25/02/17	Yorkshire SA County Championships	Leeds	Rotherham Mo	1

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