

Individual Best Times (All Time)

Lauren Empson - (889007) - Rotherham Metro 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
4:53.14	517	H	06/04/19	Derventio Excel 13th Long Course Open Meet	Sheffield	Rotherham Mo	1
4:54.35	511	H	01/02/20	Yorkshire County Championships Level of Meet	Leeds	Rotherham Mo	1
4:55.06	507	H	02/02/19	Yorkshire County Championships	Leeds	Rotherham Mo	1
5:00.55	480	H	14/04/19	City of Leeds National Qualifier 2019	Leeds	Rotherham Mo	1
5:01.29	476	H	15/04/18	City of Leeds National Qualifier 2018	Leeds	Rotherham Mo	1
5:04.59	461	F	01/02/20	Yorkshire County Championships Level of Meet	Leeds	Rotherham Mo	1
5:05.55	457	H	26/05/18	North East Region Championships	Leeds	Rotherham Mo	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:04.59	461	F	01/02/20	Yorkshire County Championships Level of Meet	Leeds	Rotherham Mo	1
4:54.35	511	H	01/02/20	Yorkshire County Championships Level of Meet	Leeds	Rotherham Mo	1
5:00.55	480	H	14/04/19	City of Leeds National Qualifier 2019	Leeds	Rotherham Mo	1
4:53.14	517	H	06/04/19	Derventio Excel 13th Long Course Open Meet	Sheffield	Rotherham Mo	1
4:55.06	507	H	02/02/19	Yorkshire County Championships	Leeds	Rotherham Mo	1
5:05.55	457	H	26/05/18	North East Region Championships	Leeds	Rotherham Mo	1
5:01.29	476	H	15/04/18	City of Leeds National Qualifier 2018	Leeds	Rotherham Mo	1