

Individual Best Times (All Time)

Lauren Heppell - (967721) - Chester-Le-Street SC - 50 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
29.05	536	H	30/04/22	SE North East Region Open/Youth Championships 2022	Sheffield	Newcastle	1
29.43	516	H	02/04/22	City of Sunderland ASC National Qualifier 2022	Sunderland	Newcastle	1
29.45	515	H	16/02/20	Northumberland & Durham SA County Championships	Sunderland	Tynemouth	1
29.50	512	H	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	Newcastle	1
29.52	511	F	16/02/20	Northumberland & Durham SA County Championships	Sunderland	Tynemouth	1
29.52	511	H	01/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	Newcastle	1
29.56	509	H	13/02/22	Northumberland & Durham SA County Championships 22	Sunderland	Newcastle	1
29.68	503	H	18/02/24	Northumberland & Durham SA County Championships 24	Sunderland	Chester Le S	1
29.75	499	H	05/02/23	Northumberland & Durham County Championships 2023	Sunderland	Newcastle	1
29.75	499	H	05/02/23	Northumberland & Durham County Championships 2023	Sunderland	Newcastle	1
29.78	498	H	12/05/19	Swim England North East Region Championships (50)	Leeds	Tynemouth	1
29.79	497	H	13/04/24	City of Sunderland National Qualifier 2024	Sunderland	Chester Le S	1
29.80	497	H	03/07/22	City of Sunderland ASC Summer Splash 2022	Sunderland	Newcastle	3
29.88	493	H	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	Newcastle	3
29.93	490	H	23/03/19	City of Sunderland National Qualifier 2019	Sunderland	Tynemouth	1
30.04	485	H	24/07/21	SENE & NDSA Summer Racing Series	Sunderland Aquatic C	Newcastle	1
30.04	485	H	22/01/22	City of Sunderland ASC New Year Meet 2022	Sunderland	Newcastle	1
30.09	483	H	26/03/23	City of Sheffield SS Premier Open Meet 2023	Sheffield	Newcastle	1
30.19	478	H	10/02/19	Northumberland & Durham Swimming Association 2019	Sunderland	Tynemouth	1
30.19	478	F	10/02/19	Northumberland & Durham Swimming Association 2019	Sunderland	Tynemouth	1
30.24	475	H	28/04/19	East District Open Championships	Edinburgh	Tynemouth	1
30.34	471	H	07/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	Tynemouth	3
30.46	465	H	12/03/22	Stockport Metro Spring Long Course Open Meet 2022	Stockport	Newcastle	1
31.60	417	H	11/02/18	N & D 2018 Championships	Sunderland	Chester Le S	1
31.60	417	H	24/03/18	City of Sunderland National Qualifier	Sunderland	Chester Le S	1
31.92	404	F	05/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	Chester Le S	1
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31.92	404	F	05/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	Chester Le S	1
32.02	400	H	20/05/18	North East Region Championships	Leeds	Chester Le S	1
32.07	399	H	28/01/18	Burns Meet 2018	Sheffield	Chester Le S	1
32.33	389	H	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	Chester Le S	1
32.68	377	H	05/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	Chester Le S	1
32.68	377	H	05/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	Chester Le S	1
33.87	338	H	29/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	Chester Le S	1
36.09	279	H	09/07/16	Richmond Dales Summer Madness Gala	Leeds	Chester Le S	3
36.18	277	H	06/02/16	Northumberland & Durham County Champs	Sunderland	Chester Le S	1
36.18	277	H	06/02/16	Northumberland & Durham County Champs	Sunderland	Chester Le S	1
36.80	264	H	19/03/16	City of Sunderland National Qualifier	Sunderland	Chester Le S	1
36.99	260	H	04/07/15	City of Sunderland Summer Splash 2015	Sunderland		3

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