

Individual Best Times (All Time)

Lauren Heppell - (967721) - Chester-Le-Street 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
4:44.22	567	H	01/05/22	SE North East Region Open/Youth Championships 2022	Sheffield	Newcastle	1
4:45.06	562	H	02/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	Newcastle	1
4:46.32	555	H	01/05/23	SE NE Region Open/Youth Championships (50m) 2023	Sheffield	Newcastle	1
4:46.74	553	H	02/02/20	Northumberland & Durham SA County Championships	Sunderland	Tynemouth	1
4:47.39	549	H	03/04/22	City of Sunderland ASC National Qualifier 2022	Sunderland	Newcastle	1
4:47.73	547	H	05/05/24	SE North East Regional Open/Youth Championships	Sunderland	Chester Le S	1
4:47.93	546	H	27/02/22	Northumberland & Durham SA County Championships 22	Sunderland	Newcastle	1
4:47.97	546	H	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	Chester Le S	1
4:48.55	542	H	26/02/23	Northumberland & Durham County Championships 2023	Sunderland	Newcastle	1
4:49.45	537	H	23/01/22	City of Sunderland ASC New Year Meet 2022	Sunderland	Newcastle	1
4:51.72	525	H	13/03/22	Stockport Metro Spring Long Course Open Meet 2022	Stockport	Newcastle	1
4:54.99	508	H	25/05/19	Swim England North East Region Championships (50)	Leeds	Tynemouth	1
4:56.06	502	H	24/03/19	City of Sunderland National Qualifier 2019	Sunderland	Tynemouth	1
4:56.60	499	H	03/02/19	Northumberland & Durham Swimming Association 2019	Sunderland	Tynemouth	1
4:57.85	493	F	27/04/19	East District Open Championships	Edinburgh	Tynemouth	1
5:08.59	443	H	26/05/18	North East Region Championships	Leeds	Chester Le S	1
5:11.69	430	H	25/03/18	City of Sunderland National Qualifier	Sunderland	Chester Le S	1
5:16.38	411	H	04/02/18	N & D 2018 Championships	Sunderland	Chester Le S	1
5:16.38	411	H	04/02/18	N & D 2018 Championships	Sunderland	Chester Le S	1
5:21.48	392	H	27/05/17	ASA North East Region Championships	Sunderland	Chester Le S	1
5:26.46	374	H	27/01/18	Burns Meet 2018	Sheffield	Chester Le S	1
5:27.94	369	H	28/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	Chester Le S	1
5:28.12	369	H	25/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	Chester Le S	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
------	--------	-------	------	------	-------	-----------------	-------

4:47.73	547	H	05/05/24	SE North East Regional Open/Youth Championships	Sunderland	Chester Le S	1
4:47.97	546	H	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	Chester Le S	1
4:46.32	555	H	01/05/23	SE NE Region Open/Youth Championships (50m) 2023	Sheffield	Newcastle	1
4:45.06	562	H	02/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	Newcastle	1
4:48.55	542	H	26/02/23	Northumberland & Durham County Championships 2023	Sunderland	Newcastle	1
4:44.22	567	H	01/05/22	SE North East Region Open/Youth Championships 2022	Sheffield	Newcastle	1
4:47.39	549	H	03/04/22	City of Sunderland ASC National Qualifier 2022	Sunderland	Newcastle	1
4:51.72	525	H	13/03/22	Stockport Metro Spring Long Course Open Meet 2022	Stockport	Newcastle	1
4:47.93	546	H	27/02/22	Northumberland & Durham SA County Championships 22	Sunderland	Newcastle	1
4:49.45	537	H	23/01/22	City of Sunderland ASC New Year Meet 2022	Sunderland	Newcastle	1
4:46.74	553	H	02/02/20	Northumberland & Durham SA County Championships	Sunderland	Tynemouth	1
4:54.99	508	H	25/05/19	Swim England North East Region Championships (50)	Leeds	Tynemouth	1
4:57.85	493	F	27/04/19	East District Open Championships	Edinburgh	Tynemouth	1
4:56.06	502	H	24/03/19	City of Sunderland National Qualifier 2019	Sunderland	Tynemouth	1
4:56.60	499	H	03/02/19	Northumberland & Durham Swimming Association 2019	Sunderland	Tynemouth	1
5:08.59	443	H	26/05/18	North East Region Championships	Leeds	Chester Le S	1
5:11.69	430	H	25/03/18	City of Sunderland National Qualifier	Sunderland	Chester Le S	1
5:16.38	411	H	04/02/18	N & D 2018 Championships	Sunderland	Chester Le S	1
5:16.38	411	H	04/02/18	N & D 2018 Championships	Sunderland	Chester Le S	1
5:26.46	374	H	27/01/18	Burns Meet 2018	Sheffield	Chester Le S	1
5:21.48	392	H	27/05/17	ASA North East Region Championships	Sunderland	Chester Le S	1
5:28.12	369	H	25/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	Chester Le S	1
5:27.94	369	H	28/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	Chester Le S	1