

Individual Best Times (All Time)

Lauren Grice - (397427) - Dunstable SC - 400 Freestyle - Short 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
4:33.78	603	F	12/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	C Beds SS	2
4:34.30	599	H	27/09/15	Basildon & Phoenix Season Opener Meet	Basildon	Leighton Buz	2
4:38.30	574	F	09/11/17	Leighton Buzzard Club Championships 2017	Leighton Buzzard	Leighton Buz	4
4:39.23	568	F	18/11/15	Leighton Buzzard SC 2015 Club Championships	Tiddenfoot	Leighton Buz	4
4:39.75	565	H	08/11/15	ASA East Region Winter Championships 2015	Luton	Leighton Buz	2
4:39.99	563	F	17/11/16	Leighton Buzzard Club Championships 2016	Leighton Buzzard	Leighton Buz	4
4:41.77	553	F	11/11/18	Leighton Buzzard Club Championships 2018	Leighton Buzzard	Leighton Buz	4
4:42.27	550	F	17/11/19	LBSC CLUB CHAMPIONSHIPS 2019	TIDDENFOOT	Leighton Buz	4
4:43.41	543	F	20/11/14	Leighton Buzzard Club Championships	Leighton Buzzard	Leighton Buz	4
4:43.57	542	H	06/12/14	ASA East Region Winter Championships	Luton	Leighton Buz	2
4:49.38	510	F	17/11/13	Leighton Buzzard Club Championships	Leighton Buzzard	Leighton Buz	4
4:50.06	507	H	22/03/14	Bedfordshire Age Group & County Champs	Luton	Leighton Buz	2
5:01.73	450	H	16/03/13	Bedfordshire County Championships	Luton	Leighton Buz	2
5:04.56	438		16/11/12	Leighton Buzzard Club Championships	Leighton Buzzard	Leighton Buz	4
5:14.33	398	H	10/03/12	Bedfordshire County Championships	Biggleswade	Leighton Buz	2
5:25.52	358		20/11/11	Leighton Buzzard Club Championships	Leighton Buzzard	Leighton Buz	4
5:38.02	320	H	19/03/11	Bedfordshire County Championships	Biggleswade	Leighton Buz	2
5:47.72	294	F	25/06/11	City of Milton Keynes End of Season Gala	Milton Keynes	Leighton Buz	3
5:48.17	293		19/11/10	Leighton Buzzard Club Champs	Leighton Buzzard	Leighton Buz	4
5:48.25	292		26/06/10	City of Milton Keynes	Milton Keynes	Leighton Buz	3
5:49.42	290	H	20/03/10	Bedfordshire Champs	Biggleswade	Leighton Buz	2
6:16.66	231		20/11/09	Lieghton Buzzard Club Ch	Tiddenfoot Leisure	Leighton Buz	4

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