

Individual Best Times (All Time)

Lauren Woods - (549079) - Lincoln Vulcans SC - 100 Breaststroke - 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 |
|---------|--------|-------|----------|--|--------------|-----------------|-------|
| 1:21.62 | 445 | H | 17/07/16 | Chesterfield Summer Splash | Matlock | Lincoln Vulc | 3 |
| 1:22.47 | 432 | H | 11/07/15 | Lincoln Vulcans Annual Club Championships | Grantham | Lincoln Vulc | 4 |
| 1:22.50 | 431 | F | 20/12/15 | Chesterfield Winter Open Championships | Chesterfield | Lincoln Vulc | 3 |
| 1:23.57 | 415 | H | 17/10/15 | Lincoln Vulcans Level 2 Open Meet | Sheffield | Lincoln Vulc | 2 |
| 1:23.79 | 412 | H | 08/03/15 | Lincolnshire County ASA Swimming Championships | Louth | Lincoln Vulc | 2 |
| 1:24.42 | 403 | H | 25/11/17 | Louth Meridan Meet | Louth | Lincoln Vulc | 3 |
| 1:24.66 | 399 | H | 19/12/15 | Chesterfield Winter Open Championships | Chesterfield | Lincoln Vulc | 3 |
| 1:24.69 | 399 | F | 06/02/16 | Lincolnshire County Championships 2016 | Louth | Lincoln Vulc | 2 |
| 1:24.73 | 398 | H | 06/02/16 | Lincolnshire County Championships 2016 | Louth | Lincoln Vulc | 2 |
| 1:26.05 | 380 | H | 22/10/16 | Lincoln Vulcans L2 Short Course Open Meet | Sheffield | Lincoln Vulc | 2 |
| 1:28.05 | 355 | F | 03/05/14 | South Lincs CSC Tulip Open Meet | Spalding | Lincoln Vulc | 3 |
| 1:28.64 | 348 | H | 03/05/14 | South Lincs CSC Tulip Open Meet | Spalding | Lincoln Vulc | 3 |
| 1:30.16 | 330 | H | 22/11/14 | Lincoln Vulcans Club Championships | Grantham | Lincoln Vulc | 4 |
| 1:30.79 | 324 | H | 09/03/14 | Lincolnshire 63rd Annual County Champs | Louth | Lincoln Vulc | 2 |
| 1:30.79 | 324 | H | 09/03/14 | 63rd Annual Lincolnshire County Champs | Louth | Lincoln Vulc | 2 |
| 1:32.42 | 307 | H | 04/10/14 | Derventio Excel Open Meet | Matlock | Lincoln Vulc | 2 |
| 1:34.86 | 284 | H | 04/01/14 | Boston 9th Open Meet | Grantham | Lincoln Vulc | 3 |
| 1:40.19 | 241 | H | 05/10/13 | Derventio Excel 3rd SC Open Meet | Matlock | Lincoln Vulc | 2 |
| 1:41.18 | 234 | F | 05/05/13 | South Lincs SC Tulip Open Meet | Spalding | Lincoln Vulc | 3 |
| 1:41.41 | 232 | H | 05/05/13 | South Lincs SC Tulip Open Meet | Spalding | Lincoln Vulc | 3 |
| 1:42.22 | 227 | H | 13/07/13 | Lincoln Vulcans Short Course Open Meet | Grantham | Lincoln Vulc | 3 |
| 1:49.33 | 185 | H | 18/11/12 | Mansfield Major Oak Meet | Mansfield | Lincoln Vulc | 3 |
| 1:52.01 | 172 | H | 02/12/12 | Chesterfield Happy Christmas Meet | Chesterfield | Lincoln Vulc | 3 |
| 2:10.54 | 109 | | 17/09/11 | Hayleigh Dunne Memorial Gala | Gainsborough | Lincoln Vulc | 4 |

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