

# Individual Best Times (All Time)

Lauren Asekome - (873935) - Maidstone SC - 100 Individual Medley - 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 |
|---------|--------|-------|----------|--|-------------|-----------------|-------|
| 1:13.38 | 456    | H     | 15/10/16 | Medway ASA Championships 2016                    | Gillingham  | Maidstone SC    | 4     |
| 1:13.62 | 452    | F     | 07/02/15 | Medway ASA Championships 2015                    | Gillingham  |                 | 4     |
| 1:14.01 | 445    | F     | 17/09/16 | Medway ASA Championships 2016                    | Gillingham  | Maidstone SC    | 4     |
| 1:14.22 | 441    | H     | 29/11/15 | Maidstone Level 3 Licensed Open Meet 2015        | Maidstone   |                 | 3     |
| 1:14.23 | 441    | H     | 20/09/16 | Maidstone Club Championships 2016                | Maidstone   | Maidstone SC    | 4     |
| 1:14.41 | 438    |       | 03/04/16 | 19 eme Meeting International De La Vallee De LAa | Lumbres     | Maidstone SC    | 2     |
| 1:14.46 | 437    | H     | 22/09/15 | Maidstone Club Championships                     | Maidstone   |                 | 4     |
| 1:14.69 | 433    | H     | 17/09/16 | Medway ASA Championships 2016                    | Gillingham  | Maidstone SC    | 4     |
| 1:14.98 | 428    | F     | 18/10/15 | Bromley Autumn Gold Open Meet 2015               | Beckenham   | Maidstone SC    | 3     |
| 1:15.28 | 422    | H     | 16/09/17 | Medway ASA Championships 2017                    | Gillingham  | Maidstone SC    | 4     |
| 1:15.33 | 422    | F     | 16/09/17 | Medway ASA Championships 2017                    | Gillingham  | Maidstone SC    | 4     |
| 1:15.39 | 421    | H     | 20/11/16 | Maidstone L3 Licensed Open Meet 2016             | Maidstone   | Maidstone SC    | 3     |
| 1:15.91 | 412    | H     | 07/02/15 | Medway ASA Championships 2015                    | Gillingham  |                 | 4     |
| 1:16.48 | 403    | H     | 30/11/14 | Maidstone Level Three Open Meet 2014             | Maidstone   |                 | 3     |
| 1:16.61 | 401    | F     | 26/04/14 | Medway ASA Championships 2014                    | Gillingham  | Maidstone SC    | 4     |
| 1:17.23 | 391    | H     | 30/09/14 | Maidstone Club Championships                     | Maidstone   |                 | 4     |
| 1:17.35 | 389    | H     | 24/09/16 | BPSC Season Opener                               | Basildon    | Maidstone SC    | 2     |
| 1:17.49 | 387    | H     | 02/03/14 | BG Kent ASA Swimming Championships               | Gillingham  | Maidstone SC    | 2     |
| 1:17.63 | 385    | H     | 07/03/15 | 2015 Kent County Swimming Championships          | Gillingham  |                 | 2     |
| 1:18.31 | 375    | H     | 26/04/14 | Medway ASA Championships 2014                    | Gillingham  | Maidstone SC    | 4     |
| 1:18.74 | 369    | H     | 09/03/13 | Kent County Championships                        | Gillingham  | Maidstone SC    | 2     |
| 1:18.89 | 367    | H     | 01/10/13 | Maidstone Club Championships 2013                | Maidstone   | Maidstone SC    | 4     |
| 1:19.51 | 359    | F     | 05/10/13 | The 2013 Medway Championships                    | Gillingham  | Maidstone SC    | 4     |
| 1:19.67 | 356    | H     | 05/10/13 | The 2013 Medway Championships                    | Gillingham  | Maidstone SC    | 4     |
| 1:22.20 | 324    | H     | 06/01/13 | Bexley SC Short Course Open Meet                 | Bexleyheath | Maidstone SC    | 3     |
| 1:23.49 | 310    |       | 02/10/12 | Maidstone SC Club Championships                  | Maidstone   | Maidstone SC    | 4     |
| 1:24.71 | 296    |       | 25/11/15 | Maidstone Level 3 Open Meet                      | Maidstone   | Maidstone SC    | 3     |

|         |     |   |          |                                    |           |              |   |
|---------|-----|---|----------|------------------------------------|-----------|--------------|---|
| 1:24.71 | 296 |   | 25/11/12 | Maidstone Level 3 Open Meet        | Maidstone | Maidstone SC | 3 |
| 1:24.72 | 296 |   | 20/10/12 | Romford Town SC 6th SC Open Meet   | Romford   | Maidstone SC | 3 |
| 1:25.67 | 287 | H | 07/10/12 | White Oak SC Level 3 Open Meet     | Crook Log | Maidstone SC | 3 |
| 1:26.80 | 275 | H | 01/12/12 | Gravesend & Northfleet Autumn Open | Gravesend | Maidstone SC | 3 |

## Swims in Date Order

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| 1:18.31 | 375    | H     | 26/04/14 | Medway ASA Championships 2014                    | Gillingham  | Maidstone SC    | 4     |
| 1:17.49 | 387    | H     | 02/03/14 | BG Kent ASA Swimming Championships               | Gillingham  | Maidstone SC    | 2     |
| 1:19.51 | 359    | F     | 05/10/13 | The 2013 Medway Championships                    | Gillingham  | Maidstone SC    | 4     |
| 1:19.67 | 356    | H     | 05/10/13 | The 2013 Medway Championships                    | Gillingham  | Maidstone SC    | 4     |
| 1:18.89 | 367    | H     | 01/10/13 | Maidstone Club Championships 2013                | Maidstone   | Maidstone SC    | 4     |
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| 1:22.20 | 324    | H     | 06/01/13 | Bexley SC Short Course Open Meet                 | Bexleyheath | Maidstone SC    | 3     |
| 1:26.80 | 275    | H     | 01/12/12 | Gravesend & Northfleet Autumn Open               | Gravesend   | Maidstone SC    | 3     |
| 1:24.71 | 296    |       | 25/11/12 | Maidstone Level 3 Open Meet                      | Maidstone   | Maidstone SC    | 3     |
| 1:24.72 | 296    |       | 20/10/12 | Romford Town SC 6th SC Open Meet                 | Romford     | Maidstone SC    | 3     |
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