

Individual Best Times (All Time)

Lauren Empson - (889007) - Rotherham Metro SC - 50 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
29.74	458	H	21/10/17	Yorkshire SA Winter Competition	Sheffield	Rotherham Mo	2
29.82	454	H	06/10/18	Lincoln Vulcans Short Course Level 2 Meet	Sheffield	Rotherham Mo	2
29.93	449	H	20/10/18	Yorkshire Winter Competition	Sheffield	Rotherham Mo	2
30.33	432	H	29/10/17	ASA North East Region Age Group Championships	Sunderland	Rotherham Mo	2
30.36	430	H	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	Rotherham Mo	3
30.69	417	H	23/09/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	Rotherham Mo	3
30.97	405	H	15/07/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	Rotherham Mo	3
32.61	347	H	03/07/16	Bo Barnsley Annual Summer Sizzler	Sheffield	Rotherham Mo	3
32.67	345	H	01/10/16	Yorkshire SA Winter Competition	Leeds	Rotherham Mo	2
36.09	256	H	07/11/15	Alec James BML Individual Championships 2015	Barnsley		3
37.00	238	H	19/07/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield		3
37.29	232		31/05/15	Doncaster Dartes B Grade Meet 2015	Adwick	Rotherham Mo	3
42.09	161	H	14/12/14	City of Bradford Level 3 Winter Meet	Shipley		3
44.10	140		18/05/14	Doncaster Dartes SC B Grade Meet 2014	Adwick	Rotherham Mo	3
44.17	139	H	21/09/13	Rotherham Metro SC A & B Grade SC Meet	Sheffield	Rotherham Mo	3
44.31	138		26/10/14	South Axholme Sharks Halloween Meet	Beverley	Rotherham Mo	3
46.57	119	H	20/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield		3
46.94	116		27/10/13	South Axholme Sharks Halloween Open	Beverley	Rotherham Mo	3

Swims in Date Order

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37.00	238	H	19/07/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield		3
37.29	232		31/05/15	Doncaster Darts B Grade Meet 2015	Adwick	Rotherham Mo	3
42.09	161	H	14/12/14	City of Bradford Level 3 Winter Meet	Shipley		3
44.31	138		26/10/14	South Axholme Sharks Halloween Meet	Beverley	Rotherham Mo	3
46.57	119	H	20/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield		3
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