

Individual Best Times (All Time)

Lauren Empson - (889007) - Rotherham Metro SC - 50 Butterfly - 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
32.30	430	H	21/10/18	Yorkshire Winter Competition	Sheffield	Rotherham Mo	2
33.00	403	H	17/12/17	City of Leeds Xmas Meet 2017	Leeds	Rotherham Mo	3
33.41	388	H	07/07/19	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	Rotherham Mo	3
33.43	387	H	15/07/18	Rotherham Metro A & B Grade SC	Sheffield	Rotherham Mo	3
33.60	382	H	20/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	Rotherham Mo	2
33.76	376	H	22/10/17	Yorkshire SA Winter Competition	Sheffield	Rotherham Mo	2
33.98	369	H	21/09/19	A and B grade Short Course Meet	Sheffield	Rotherham Mo	3
34.16	363	H	23/09/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	Rotherham Mo	3
35.64	320	H	16/07/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	Rotherham Mo	3
36.49	298	H	03/07/16	Bo Barnsley Annual Summer Sizzler	Sheffield	Rotherham Mo	3
37.17	282	H	02/10/16	Yorkshire SA Winter Competition	Leeds	Rotherham Mo	2
37.44	276	H	17/07/16	Rotherham Metro A & B Grade Short Course Meet	Sheffield	Rotherham Mo	3
37.71	270	H	24/09/16	Rotherham Metro 'A' & 'B' Grade Meet	Sheffield	Rotherham Mo	3
40.45	218	H	07/11/15	Alec James BML Individual Championships 2015	Barnsley		3
42.22	192		31/05/15	Doncaster Darts B Grade Meet 2015	Adwick	Rotherham Mo	3
42.26	192	H	19/09/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield		3
51.79	104		26/10/14	South Axholme Sharks Halloween Meet	Beverley	Rotherham Mo	3
54.56	89		18/05/14	Doncaster Darts SC B Grade Meet 2014	Adwick	Rotherham Mo	3

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