

Individual Best Times (All Time)

Lauren Empson - (889007) - Rotherham Metro SC - 100 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
1:09.42	471	H	06/10/18	Lincoln Vulcans Short Course Level 2 Meet	Sheffield	Rotherham Mo	2
1:09.91	462	H	03/11/18	Swim England North East Region Championships (25)	Sheffield	Rotherham Mo	2
1:09.93	461	H	22/09/18	Rotherham Metro A & B Short Course Graded Meet	Sheffield	Rotherham Mo	3
1:10.62	448	H	20/10/18	Yorkshire Winter Competition	Sheffield	Rotherham Mo	2
1:11.09	439	H	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	Rotherham Mo	3
1:12.19	419	H	06/07/19	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	Rotherham Mo	3
1:12.25	418	H	21/10/17	Yorkshire SA Winter Competition	Sheffield	Rotherham Mo	2
1:12.50	414	H	16/12/17	City of Leeds Xmas Meet 2017	Leeds	Rotherham Mo	3
1:13.33	400	H	28/10/17	ASA North East Region Age Group Championships	Sunderland	Rotherham Mo	2
1:14.45	382	H	05/10/19	LVSC Short Course Meet 2019	Sheffield	Rotherham Mo	2
1:15.60	365	H	20/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	Rotherham Mo	2
1:18.40	327	H	15/07/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	Rotherham Mo	3
1:24.71	259	H	24/09/16	Rotherham Metro 'A' & 'B' Grade Meet	Sheffield	Rotherham Mo	3
1:26.26	246	H	03/07/16	Bo Barnsley Annual Summer Sizzler	Sheffield	Rotherham Mo	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:15.60	365	H	20/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	Rotherham Mo	2
1:14.45	382	H	05/10/19	LVSC Short Course Meet 2019	Sheffield	Rotherham Mo	2
1:12.19	419	H	06/07/19	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	Rotherham Mo	3
1:09.91	462	H	03/11/18	Swim England North East Region Championships (25)	Sheffield	Rotherham Mo	2
1:10.62	448	H	20/10/18	Yorkshire Winter Competition	Sheffield	Rotherham Mo	2
1:09.42	471	H	06/10/18	Lincoln Vulcans Short Course Level 2 Meet	Sheffield	Rotherham Mo	2
1:09.93	461	H	22/09/18	Rotherham Metro A & B Short Course Graded Meet	Sheffield	Rotherham Mo	3
1:11.09	439	H	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	Rotherham Mo	3
1:12.50	414	H	16/12/17	City of Leeds Xmas Meet 2017	Leeds	Rotherham Mo	3

1:13.33	400	H	28/10/17	ASA North East Region Age Group Championships	Sunderland	Rotherham Mo	2
1:12.25	418	H	21/10/17	Yorkshire SA Winter Competition	Sheffield	Rotherham Mo	2
1:18.40	327	H	15/07/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	Rotherham Mo	3
1:24.71	259	H	24/09/16	Rotherham Metro 'A' & 'B' Grade Meet	Sheffield	Rotherham Mo	3
1:26.26	246	H	03/07/16	Bo Barnsley Annual Summer Sizzler	Sheffield	Rotherham Mo	3