

Individual Best Times (All Time)

Lauren Empson - (889007) - Rotherham Metro SC - 200 Backstroke - 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
2:42.86	389	H	06/07/19	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	Rotherham Mo	3
2:49.30	346	H	16/07/16	Rotherham Metro A & B Grade Short Course Meet	Sheffield	Rotherham Mo	3
3:00.50	286	H	13/12/15	City of Bradford Winter Meet	Shipley		3

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