

Individual Best Times (All Time)

Lauren Empson - (889007) - Rotherham Metro SC - 50 Breaststroke - 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
37.60	429	H	21/10/17	Yorkshire SA Winter Competition	Sheffield	Rotherham Mo	2
38.02	415	H	20/10/18	Yorkshire Winter Competition	Sheffield	Rotherham Mo	2
38.31	406	H	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	Rotherham Mo	3
38.48	400	H	28/10/17	ASA North East Region Age Group Championships	Sunderland	Rotherham Mo	2
38.59	397	H	16/12/17	City of Leeds Xmas Meet 2017	Leeds	Rotherham Mo	3
38.59	397	H	23/09/18	Derventio Excel 8th Short Course Open Meet	Matlock	Rotherham Mo	2
38.89	388	H	20/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	Rotherham Mo	2
39.06	383	H	08/10/17	7th Derventio Excel Short Course Open Meet	Matlock	Rotherham Mo	3
39.45	371	H	23/09/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	Rotherham Mo	3
40.00	356	H	02/10/16	Yorkshire SA Winter Competition	Leeds	Rotherham Mo	2
40.11	353	H	05/11/16	ASA North East Region Age Group Championships	Sunderland	Rotherham Mo	2
40.37	347	H	15/07/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	Rotherham Mo	3
42.20	303	H	24/09/16	Rotherham Metro 'A' & 'B' Grade Meet	Sheffield	Rotherham Mo	3
45.22	246	H	12/12/15	City of Bradford Winter Meet	Shipley		3
46.16	232	H	07/11/15	Alec James BML Individual Championships 2015	Barnsley		3
47.20	217	H	19/07/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield		3
48.52	199		31/05/15	Doncaster Dartes B Grade Meet 2015	Adwick	Rotherham Mo	3
51.63	165	H	13/12/14	City of Bradford Level 3 Winter Meet	Shipley		3
53.83	146		26/10/14	South Axholme Sharks Halloween Meet	Beverley	Rotherham Mo	3
56.73	125	H	21/09/13	Rotherham Metro SC A & B Grade SC Meet	Sheffield	Rotherham Mo	3
56.74	125		18/05/14	Doncaster Dartes SC B Grade Meet 2014	Adwick	Rotherham Mo	3
57.44	120		27/10/13	South Axholme Sharks Halloween Open	Beverley	Rotherham Mo	3

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