

# Individual Best Times (All Time)

Lauren Empson - (889007) - Rotherham Metro SC - 100 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
1:21.71	444	H	21/10/18	Yorkshire Winter Competition	Sheffield	Rotherham Mo	2
1:22.47	432	H	22/10/17	Yorkshire SA Winter Competition	Sheffield	Rotherham Mo	2
1:22.88	425	H	22/09/18	Rotherham Metro A & B Short Course Graded Meet	Sheffield	Rotherham Mo	3
1:24.52	401	H	23/09/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	Rotherham Mo	3
1:24.77	398	H	17/12/17	City of Leeds Xmas Meet 2017	Leeds	Rotherham Mo	3
1:25.10	393	H	15/07/18	Rotherham Metro A & B Grade SC	Sheffield	Rotherham Mo	3
1:25.87	382	H	16/07/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	Rotherham Mo	3
1:26.36	376	H	01/10/16	Yorkshire SA Winter Competition	Leeds	Rotherham Mo	2
1:26.55	374	H	21/09/19	A and B grade Short Course Meet	Sheffield	Rotherham Mo	3
1:26.60	373	H	05/11/16	ASA North East Region Age Group Championships	Sunderland	Rotherham Mo	2
1:28.50	349	H	17/07/16	Rotherham Metro A & B Grade Short Course Meet	Sheffield	Rotherham Mo	3
1:28.84	345	H	03/07/16	Bo Barnsley Annual Summer Sizzler	Sheffield	Rotherham Mo	3
1:30.27	329	H	24/09/16	Rotherham Metro 'A' & 'B' Grade Meet	Sheffield	Rotherham Mo	3
1:32.38	307	H	17/04/16	Borough of Kirklees April Short Course Open Meet	Huddersfield	Rotherham Mo	3
1:37.60	260	H	13/12/15	City of Bradford Winter Meet	Shipley		3
1:39.96	242	H	19/09/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield		3
1:44.79	210	H	19/07/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield		3
1:51.56	174	H	14/12/14	City of Bradford Level 3 Winter Meet	Shipley		3
2:00.92	137	H	20/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield		3

## Swims in Date Order

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1:26.55	374	H	21/09/19	A and B grade Short Course Meet	Sheffield	Rotherham Mo	3
1:21.71	444	H	21/10/18	Yorkshire Winter Competition	Sheffield	Rotherham Mo	2
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1:24.77	398	H	17/12/17	City of Leeds Xmas Meet 2017	Leeds	Rotherham Mo	3
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1:24.52	401	H	23/09/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	Rotherham Mo	3
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1:26.36	376	H	01/10/16	Yorkshire SA Winter Competition	Leeds	Rotherham Mo	2
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