

Individual Best Times (All Time)

Lauren Heppell - (967721) - Chester-Le-Street SC - 400 Individual Medley - 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
5:32.27	473	F	23/11/19	Tynemouth ASC 2019 Winter Gala	Tynemouth	Tynemouth	3
5:33.60	467	H	13/10/19	BOSSS Winter Swim Festival 2019	Billingham	Tynemouth	2
5:34.67	463	H	02/11/19	North East Region Age Group Championships (25m)	Sheffield	Tynemouth	2
5:37.61	451	H	15/06/19	Middlesbrough 2019 June Meet Gala	The Neptune Centre	Tynemouth	3
5:44.96	422	H	14/10/18	BOSSS Winter Swim Festival 2018	Billingham	Chester Le S	2
5:45.20	422	F	17/11/18	TASC Winer Gala	Tynemouth Pool	Tynemouth	3
5:45.28	421	H	03/11/18	Swim England North East Region Age Group (25)	Sheffield	Chester Le S	2
5:51.92	398	H	16/06/18	Harrogate Summer A Grade Meet	Harrogate	Chester Le S	3
5:57.82	378	H	15/10/17	BOSSS Winter Swim Festival 2017	Billingham	Chester Le S	2
6:03.09	362	H	17/06/17	Middlesbrough 2017 Open Meet Gala	Middlesbrough	Chester Le S	3
6:23.42	308	H	29/10/16	Chester le Street Junior Meet 2016	Chester-le-Street	Chester Le S	3

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