

Individual Best Times (Masters)

Susan Lauder - (1598) - Spencer Swim Team

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	40.33	200	23/04/04	GB Masters Championship 2004	Manchester	ASA041	0
100 Freestyle	1:59.54	80	18/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
200 Freestyle	3:25.71	165	16/06/07	British Masters 2007	Manchester	MAS037	0
400 Freestyle	7:04.51	170	01/06/02	Great Britain Masters Champs	Crystal Palace	ASA022	0
800 Freestyle	14:38.54	168	06/06/03	GB Masters Championship 2003	Swansea	ASA032	0
1500 Freestyle	27:32.52	172	23/04/04	GB Masters Championship 2004	Manchester	ASA041	0
50 Backstroke	50.89	147	01/06/02	Great Britain Masters Champs	Crystal Palace	ASA022	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	40.21	185	21/10/01	ASA National Masters SC Champs	Sheffield	ASA020	0
100 Freestyle	1:31.05	168	25/10/03	ASA Masters Championships 2003	Sheffield	ASA039	0
200 Freestyle	3:17.91	173	27/10/06	ASA National Masters 25m Champ	Sheffield	MAS007	0
400 Freestyle	6:59.49	167	28/10/06	ASA National Masters 25m Champ	Sheffield	MAS007	0
800 Freestyle	14:23.77	168	03/11/02	ASA National Masters SC Champs	Sheffield	ASA030	0
1500 Freestyle	26:45.44	181	24/10/03	ASA Masters Championships 2003	Sheffield	ASA038	0
50 Breaststroke	56.87	124	19/04/07	Guernsey Masters Meet	Guernsey	MAS047	0
50 Butterfly	53.45	94	24/03/06	Guernsey Masters Champs 2006	Guernsey	MAS014	0
50 Backstroke	48.26	143	20/10/01	ASA National Masters SC Champs	Sheffield	ASA020	0
100 Backstroke	2:07.25	80	24/03/06	Guernsey Masters Champs 2006	Guernsey	MAS014	0
200 Backstroke	3:56.10	127	21/10/01	ASA National Masters SC Champs	Sheffield	ASA020	0
100 Individual Medley	1:49.98	135	14/03/08	17th Guernsey Masters 2008	Guernsey	MAS108	0