

Individual Best Times (Masters)

Susan Lauder - (1598) - Spencer Swim Team - 200 Backstroke - Short Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
3:56.10	127	H	21/10/01	ASA National Masters SC Champs	Sheffield	ASA020	0
4:34.37	81		06/04/14	23rd OCS Masters Open Meet	Guernsey	MAS452	0
4:45.07	72		20/04/13	22nd OCS Masters Open Meet	Guernsey	MAS411	0
4:51.81	67		21/04/12	21st Guernsey Open Masters	Guernsey	MAS353	0

Swim Order

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3:56.10	127	H	21/10/01	ASA National Masters SC Champs	Sheffield	ASA020	0