

Individual Best Times (Masters)

Susan Lauder - (1598) - Spencer Swim Team - 200 Freestyle - Long Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
3:25.71	165		16/06/07	British Masters 2007	Manchester	MAS037	0
3:28.54	158		18/06/06	British Masters Champs 2006	Manchester	MAS001	0
3:30.62	153		23/04/04	GB Masters Championship 2004	Manchester	ASA041	0
3:51.10	116	H	26/05/16	European Masters Championships	London	MAS615	0
3:59.67	104	H	10/06/18	British Masters Championships 2018	Plymouth	MAS769	0
4:08.24	93	F	06/03/22	Swim Wales Open Masters 2022	Swansea	MAS943	0
4:13.17	88	H	22/01/22	South East Open LC Masters	K2 Crawley	MAS937	0
4:23.28	78	H	02/06/23	British Masters Championships	Sheffield	MAS1046	0
4:27.31	75	F	19/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0

Swim Order

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4:23.28	78	H	02/06/23	British Masters Championships	Sheffield	MAS1046	0
4:27.31	75	F	19/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
4:08.24	93	F	06/03/22	Swim Wales Open Masters 2022	Swansea	MAS943	0
4:13.17	88	H	22/01/22	South East Open LC Masters	K2 Crawley	MAS937	0
3:59.67	104	H	10/06/18	British Masters Championships 2018	Plymouth	MAS769	0
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