

Individual Best Times (Masters)

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

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
3:17.91	173		27/10/06	ASA National Masters 25m Champ	Sheffield	MAS007	0
3:20.20	167		19/04/07	Guernsey Masters Meet	Guernsey	MAS047	0
3:20.69	166	H	26/10/03	ASA Masters Championships 2003	Sheffield	ASA039	0
3:24.60	156	H	21/10/01	ASA National Masters SC Champs	Sheffield	ASA020	0
3:30.75	143		14/03/08	17th Guernsey Masters 2008	Guernsey	MAS108	0
3:40.36	125		09/04/11	20TH Guernsey Masters Meet	Guernsey	MAS280	0
3:40.49	125		21/04/12	21st Guernsey Open Masters	Guernsey	MAS353	0
3:42.86	121		05/04/14	23rd OCS Masters Open Meet	Guernsey	MAS452	0
3:47.30	114		19/04/13	22nd OCS Masters Open Meet	Guernsey	MAS411	0
3:55.81	102	H	29/10/16	ASA National Masters 2016	Sheffield	MAS639	0
4:08.83	87	F	25/06/22	County Masters	Guildford	MAS965	0
4:11.67	84	F	05/04/19	28th Masters Open Meet	Beau Sejour Centre	MAS839	0
4:13.39	82	F	01/04/22	29th Guernsey Open Masters Meet	Guernsey	MAS953	0
4:30.43	67	F	01/04/23	30th Masters Open Meet	Guernsey	MAS1029	0
4:30.67	67	H	28/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
4:37.55	62	H	01/10/22	SE South East Short Course Masters 2022	South East	MAS984	0
4:42.20	59	F	24/06/23	Surrey County Masters Championships 2023	Surrey	MAS1052	0
4:42.95	59	F	05/04/24	Guernsey 31st Masters Meet	Gueernsey	MAS1140	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
4:42.95	59	F	05/04/24	Guernsey 31st Masters Meet	Gueernsey	MAS1140	0
4:42.20	59	F	24/06/23	Surrey County Masters Championships 2023	Surrey	MAS1052	0
4:30.43	67	F	01/04/23	30th Masters Open Meet	Guernsey	MAS1029	0
4:30.67	67	H	28/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
4:37.55	62	H	01/10/22	SE South East Short Course Masters 2022	South East	MAS984	0
4:08.83	87	F	25/06/22	County Masters	Guildford	MAS965	0
4:13.39	82	F	01/04/22	29th Guernsey Open Masters Meet	Guernsey	MAS953	0
4:11.67	84	F	05/04/19	28th Masters Open Meet	Beau Sejour Centre	MAS839	0
3:55.81	102	H	29/10/16	ASA National Masters 2016	Sheffield	MAS639	0
3:42.86	121		05/04/14	23rd OCS Masters Open Meet	Guernsey	MAS452	0
3:47.30	114		19/04/13	22nd OCS Masters Open Meet	Guernsey	MAS411	0
3:40.49	125		21/04/12	21st Guernsey Open Masters	Guernsey	MAS353	0
3:40.36	125		09/04/11	20TH Guernsey Masters Meet	Guernsey	MAS280	0
3:30.75	143		14/03/08	17th Guernsey Masters 2008	Guernsey	MAS108	0
3:20.20	167		19/04/07	Guernsey Masters Meet	Guernsey	MAS047	0
3:17.91	173		27/10/06	ASA National Masters 25m Champ	Sheffield	MAS007	0
3:20.69	166	H	26/10/03	ASA Masters Championships 2003	Sheffield	ASA039	0
3:24.60	156	H	21/10/01	ASA National Masters SC Champs	Sheffield	ASA020	0