

Individual Best Times (Masters)

Susan Lauder - (1598) - Spencer Swim Team - 400 Freestyle - Short Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
6:59.49	167		28/10/06	ASA National Masters 25m Champ	Sheffield	MAS007	0
7:08.45	157	H	02/11/02	ASA National Masters SC Champs	Sheffield	ASA030	0
7:12.85	152		19/04/07	Guernsey Masters Meet	Guernsey	MAS047	0
7:20.27	145		14/03/08	17th Guernsey Masters 2008	Guernsey	MAS108	0
7:21.19	144	H	29/10/05	ASA National Masters Champs	Sheffield	ASA056	0
7:39.29	127		08/04/11	20TH Guernsey Masters Meet	Guernsey	MAS280	0
7:45.31	122		20/04/12	21st Guernsey Open Masters	Guernsey	MAS353	0
7:45.68	122		27/10/13	BG ASA Masters Meet 2013	Sheffield	MAS388	0
7:47.18	121		24/10/09	BG ASA Masters & Age Grps 2009	Sheffield	MAS156	0
7:54.66	115		04/04/14	23rd OCS Masters Open Meet	Guernsey	MAS452	0
8:10.04	105	H	24/10/15	ASA National Masters 2015	Sheffield	MAS570	0
8:45.77	85	F	06/04/19	28th Masters Open Meet	Beau Sejour Centre	MAS839	0
8:48.91	83	F	02/04/22	29th Guernsey Open Masters Meet	Guernsey	MAS953	0
8:59.10	78	F	06/08/21	Dorking	Dorking	LEX3724	0
9:30.76	66	H	29/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
9:52.45	59	F	02/04/23	30th Masters Open Meet	Guernsey	MAS1029	0
10:05.16	55	F	06/04/24	Guernsey 31st Masters Meet	Guernsey	MAS1140	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
10:05.16	55	F	06/04/24	Guernsey 31st Masters Meet	Guernsey	MAS1140	0
9:52.45	59	F	02/04/23	30th Masters Open Meet	Guernsey	MAS1029	0
9:30.76	66	H	29/10/22	Swim England Masters National Championships 2022	Sheffield	MAS992	0
8:48.91	83	F	02/04/22	29th Guernsey Open Masters Meet	Guernsey	MAS953	0
8:59.10	78	F	06/08/21	Dorking	Dorking	LEX3724	0
8:45.77	85	F	06/04/19	28th Masters Open Meet	Beau Sejour Centre	MAS839	0
8:10.04	105	H	24/10/15	ASA National Masters 2015	Sheffield	MAS570	0
7:54.66	115		04/04/14	23rd OCS Masters Open Meet	Guernsey	MAS452	0
7:45.68	122		27/10/13	BG ASA Masters Meet 2013	Sheffield	MAS388	0
7:45.31	122		20/04/12	21st Guernsey Open Masters	Guernsey	MAS353	0
7:39.29	127		08/04/11	20TH Guernsey Masters Meet	Guernsey	MAS280	0
7:47.18	121		24/10/09	BG ASA Masters & Age Grps 2009	Sheffield	MAS156	0
7:20.27	145		14/03/08	17th Guernsey Masters 2008	Guernsey	MAS108	0
7:12.85	152		19/04/07	Guernsey Masters Meet	Guernsey	MAS047	0
6:59.49	167		28/10/06	ASA National Masters 25m Champ	Sheffield	MAS007	0
7:21.19	144	H	29/10/05	ASA National Masters Champs	Sheffield	ASA056	0
7:08.45	157	H	02/11/02	ASA National Masters SC Champs	Sheffield	ASA030	0