

# Individual Best Times (Masters)

Susan Lauder - (1598) - Spencer Swim Team - 1500 Freestyle - Short Course

Time Order

| Time     | FINA Pts | Round | Swim Date | Meet                           | Venue     | Licence | Level |
|----------|----------|-------|-----------|--------------------------------|-----------|---------|-------|
| 26:45.44 | 181      | H     | 24/10/03  | ASA Masters Championships 2003 | Sheffield | ASA038  | 0     |
| 27:14.18 | 171      |       | 27/10/06  | ASA National Masters 25m Champ | Sheffield | MAS007  | 0     |
| 27:50.86 | 160      |       | 26/10/07  | ASA National Masters 2007      | Sheffield | MAS044  | 0     |
| 28:45.11 | 145      |       | 28/10/05  | ASA National Masters Champs    | Sheffield | ASA056  | 0     |
| 28:59.61 | 142      | H     | 29/10/10  | BG ASA Masters & Age Grps 2010 | Sheffield | MAS214  | 0     |
| 29:16.25 | 138      |       | 23/10/09  | BG ASA Masters & Age Grps 2009 | Sheffield | MAS156  | 0     |
| 29:21.44 | 137      |       | 28/10/11  | BG ASA National Masters Meet   | Sheffield | MAS275  | 0     |
| 29:51.22 | 130      |       | 24/10/08  | the asa Masters (25m) 2008     | Sheffield | MAS094  | 0     |
| 30:35.47 | 121      |       | 25/10/13  | BG ASA Masters Meet 2013       | Sheffield | MAS388  | 0     |

Swim Order

| Time     | FINA Pts | Round | Swim Date | Meet                           | Venue     | Licence | Level |
|----------|----------|-------|-----------|--------------------------------|-----------|---------|-------|
| 30:35.47 | 121      | H     | 25/10/13  | BG ASA Masters Meet 2013       | Sheffield | MAS388  | 0     |
| 29:21.44 | 137      |       | 28/10/11  | BG ASA National Masters Meet   | Sheffield | MAS275  | 0     |
| 28:59.61 | 142      |       | 29/10/10  | BG ASA Masters & Age Grps 2010 | Sheffield | MAS214  | 0     |
| 29:16.25 | 138      |       | 23/10/09  | BG ASA Masters & Age Grps 2009 | Sheffield | MAS156  | 0     |
| 29:51.22 | 130      |       | 24/10/08  | the asa Masters (25m) 2008     | Sheffield | MAS094  | 0     |
| 27:50.86 | 160      |       | 26/10/07  | ASA National Masters 2007      | Sheffield | MAS044  | 0     |
| 27:14.18 | 171      | H     | 27/10/06  | ASA National Masters 25m Champ | Sheffield | MAS007  | 0     |
| 28:45.11 | 145      |       | 28/10/05  | ASA National Masters Champs    | Sheffield | ASA056  | 0     |
| 26:45.44 | 181      | H     | 24/10/03  | ASA Masters Championships 2003 | Sheffield | ASA038  | 0     |