

Individual Best Times (All Time)

Lara Harrold - (1456976) - Truro City SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.06	32.70	365	25/02/23	Cornwall County Championships 2023	Penzance	SW230104	2
100 Freestyle	1:11.76	1:12.90	343	11/06/23	Truro City SC Club Championships 2023	Truro	SW230846	4
200 Freestyle	3:26.36	3:28.00	152	23/09/19	Truro City Club Autumn Championships	Truro	SW191750	4
50 Breaststroke	48.58	49.20	199	03/07/22	Truro City SC Club Championships	Truro	SW220973	4
200 Breaststroke	4:08.62	4:10.70	158	23/09/19	Truro City Club Autumn Championships	Truro	SW191750	4
50 Butterfly	35.19	35.70	332	08/10/23	Carn Brea & Helston 35th Open Meet 2023	Bodmin	SW231264	2
50 Backstroke	40.10	40.60	249	03/07/22	Truro City SC Club Championships	Truro	SW220973	4
100 Backstroke	1:37.23	1:38.10	179	13/07/21	TR1 Swim	Truro	LEX3315	0
200 Backstroke	3:41.97	3:43.50	153	22/09/19	Truro City Club Autumn Championships	Truro	SW191750	4
200 Individual Medley	3:44.35	3:46.10	160	22/09/19	Truro City Club Autumn Championships	Truro	SW191750	4
100 Individual Medley	1:24.27	1:24.30	301	11/06/23	Truro City SC Club Championships 2023	Truro	SW230846	4