

Individual Best Times (All Time)

Lucy Ashmore - (197579) - Braunstone SC - 200 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:44.94	320		13/03/11	Leicestershire County Championships	Loughborough	Braunstone	1
2:55.09	267		07/03/10	Leicestershire Champs	Loughborough	Braunstone	1
3:00.21	245	H	17/01/10	City of Coventry Jan Meet	Coventry	Braunstone	3
3:02.65	235	H	18/01/09	City of Coventry Graded	Coventry	Braunstone	3
3:03.93	230	H	18/10/08	Lincoln Vulcans LC Open	Sheffield	Braunstone	1
3:05.68	224		09/03/08	Leicestershire Champs	Loughborough Uni	Braunstone	2
3:07.17	219		08/03/09	Leicestershire County Chmp	Loughborough	Braunstone	2
3:12.79	200	H	20/10/07	Lincoln Vulcans Open Meet	Sheffield	Braunstone	1
3:21.67	175		04/03/07	Leicestershire Champs	Loughborough	Braunstone	2

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