

Individual Best Times (All Time)

Lucy Howes - (485160) - Folkestone SC - 200 Backstroke - 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
2:42.25	437		12/06/11	BG South East Region Age Group Championshi	Crawley	Folkestone	1
2:48.89	387	H	30/01/16	Kent Swimming Championships 2016	Crystal Palace	Shepway SC	1

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