

# Individual Best Times (All Time)

Lucy Howes - (485160) - Folkestone SC - 400 Individual Medley - 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
5:42.89	466	H	23/01/16	Kent Swimming Championships 2016	Crystal Palace	Shepway SC	1
5:43.16	465	H	07/05/11	Beckenham International Open Meet	London	Folkestone	1
5:49.99	438		11/06/11	BG South East Region Age Group Championshi	Crawley	Folkestone	1
6:21.49	338		02/04/10	Portsmouth Northsea Easter Meet	Portsmouth	Folkestone	1

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