

Individual Best Times (All Time)

Lucy Howes - (485160) - Folkestone SC - 100 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
1:03.88	530	H	16/11/14	Bexley Distance & Sprint Open Meet	Crystal Palace	Folkestone	1
1:04.25	521		11/06/11	BG South East Region Age Group Championshi	Crawley	Folkestone	1
1:04.68	510	F	20/11/11	Crawley Not So Early Bird Meet	Crawley	Folkestone	1
1:05.06	502	H	12/05/13	Beckenham SC International Open Meet	Crystal Palace	Folkestone	1
1:05.11	500	H	06/03/11	ISM Berlin 2011	Berlin	Folkestone	1
1:05.96	481	H	21/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	Folkestone	1
1:06.94	460		06/05/12	British Gas South East Youth Championship	Crawley	Folkestone	1
1:07.66	446		27/05/12	British Gas South East Region AG Champs	Crawley	Folkestone	1
1:07.98	440	H	11/04/10	Bexley Long Course Meet	London	Folkestone	1
1:09.02	420		04/04/10	Portsmouth Northsea Easter Meet	Portsmouth	Folkestone	1
1:10.14	400		12/06/10	South East Region Champs	Crawley	Folkestone	1

Swims in Date Order

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1:05.11	500	H	06/03/11	ISM Berlin 2011	Berlin	Folkestone	1
1:10.14	400		12/06/10	South East Region Champs	Crawley	Folkestone	1
1:07.98	440	H	11/04/10	Bexley Long Course Meet	London	Folkestone	1
1:09.02	420		04/04/10	Portsmouth Northsea Easter Meet	Portsmouth	Folkestone	1