

Individual Best Times (All Time)

Lucy Howes - (485160) - Folkestone 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
2:19.52	529		05/05/14	ASA South East Region Youth Championships	Guildford	E I eXcel	1
2:20.24	521		12/06/11	BG South East Region Age Group Championshi	Crawley	Folkestone	1
2:26.17	460		07/05/12	British Gas South East Youth Championship	Crawley	Folkestone	1
2:29.77	427		13/06/10	South East Region Champs	Crawley	Folkestone	1
2:29.91	426		03/04/10	Portsmouth Northsea Easter Meet	Portsmouth	Folkestone	1
2:31.68	411	H	10/04/10	Bexley Long Course Meet	London	Folkestone	1

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