

Individual Best Times (All Time)

Lucy Howes - (485160) - Folkestone SC - 400 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
4:59.97	483	F	20/11/11	Crawley Not So Early Bird Meet	Crawley	Folkestone	1
5:08.78	442	H	23/01/16	Kent Swimming Championships 2016	Crystal Palace	Shepway SC	1

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