

Individual Best Times (All Time)

Lucy Howes - (485160) - Folkestone SC - 100 Breaststroke - 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
1:16.66	585	H	31/05/14	London Swimming Last Chance Youth Time Trials	Crystal Palace		1
1:17.14	574		04/05/14	ASA South East Region Youth Championships	Crawley	E I eXcel	1
1:17.44	567	H	10/05/14	Beckenham International Open Meet	London	Folkestone	1
1:17.49	566	F	07/02/16	Kent Swimming Championships 2016	Crystal Palace	Shepway SC	1
1:17.53	565	H	25/01/14	ASA South Zonal Competition	Millfield School	Folkestone	1
1:17.57	565	F	22/03/15	Essa SE Division Inter County Gala	Surrey		1
1:17.61	564	H	07/02/16	Kent Swimming Championships 2016	Crystal Palace	Shepway SC	1
1:17.72	561	F	07/02/16	Kent Swimming Championships 2016	Crystal Palace	Shepway SC	1
1:17.88	558	H	16/11/14	Bexley Distance & Sprint Open Meet	Crystal Palace	Folkestone	1
1:18.29	549	H	04/04/15	Beckenham Easter International Open 2015	Crystal Palace		1
1:18.81	538	H	22/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	Folkestone	1
1:19.10	532	H	31/05/15	ASASER Swimming Championships	Crawley		1
1:19.34	528	H	30/04/16	ASA South East Region Swimming Championships	Portsmouth	E I eXcel	1
1:20.06	513	H	28/01/12	ASA South Zonal Meet	Millfield	Folkestone	1
1:20.75	500		09/06/12	ASA SER British Gas Age Group Championship	Crawley	Folkestone	1
1:22.11	476		26/01/13	ASA Southern Region Zonal Competition	Crawley	Folkestone	1
1:22.34	472	H	11/05/13	Beckenham SC International Open Meet	Crystal Palace	Folkestone	1
1:22.55	468		05/05/12	British Gas South East Youth Championship	Crawley	Folkestone	1
1:22.82	464	F	19/11/11	Crawley Not So Early Bird Meet	Crawley	Folkestone	1
1:23.03	460	H	12/05/12	Beckenham International Open Meet	London	Folkestone	1
1:23.21	457		29/05/11	BG South East Region Age Group Championshi	Crawley	Folkestone	1
1:25.19	426		03/12/11	South East Region Open & Junior Champs	Aldershot	Folkestone	1
1:25.46	422	H	18/02/18	BUCS Long Course Swimming Championships	Sheffield		1

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