

Individual Best Times (All Time)

Lucy Howes - (485160) - Folkestone SC - 200 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
2:47.25	556	F	06/08/15	ASA Summer Nationals 2015	Sheffield		1
2:48.74	541	H	06/08/15	ASA Summer Nationals 2015	Sheffield		1
2:49.69	532	H	31/05/14	London Swimming Last Chance Youth Time Trials	Crystal Palace		1
2:50.46	525		03/05/14	ASA South East Region Youth Championships	Crawley	E I eXcel	1
2:51.51	515	H	10/05/14	Beckenham International Open Meet	London	Folkestone	1
2:52.06	510	H	31/05/15	ASASER Swimming Championships	Crawley		1
2:52.42	507	H	07/02/16	Kent Swimming Championships 2016	Crystal Palace	Shepway SC	1
2:53.05	502	F	03/04/16	Guildford City Springboard Level 1 Open Meet	Guildford	Shepway SC	1
2:53.25	500	F	07/02/16	Kent Swimming Championships 2016	Crystal Palace	Shepway SC	1
2:54.67	488	H	31/05/15	ASASER Swimming Championships	Crawley		1
2:56.11	476	H	01/05/16	ASA South East Region Swimming Championships	Portsmouth	E I eXcel	1
2:59.31	451	H	21/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	Folkestone	1
3:00.21	444		27/05/12	British Gas South East Region AG Champs	Crawley	Folkestone	1
3:02.62	427		05/05/12	British Gas South East Youth Championship	Crawley	Folkestone	1
3:07.45	395		27/05/12	British Gas South East Region AG Champs	Crawley	Folkestone	1
3:08.36	389	H	12/05/12	Beckenham International Open Meet	London	Folkestone	1
3:25.57	299	H	10/04/10	Bexley Long Course Meet	London	Folkestone	1

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