

Individual Best Times (All Time)

Kieran Howard - (875334) - Radford SC - 50 Backstroke - 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
29.87	490	H	01/05/23	East Midlands Regional LC Championships 2023	Derby	Radford	1
30.06	480	H	06/02/22	Nottinghamshire ASA County Championships 2022	Harvey Hadden	Radford	1
30.09	479	F	06/02/22	Nottinghamshire ASA County Championships 2022	Harvey Hadden	Radford	1
36.46	269	H	11/05/19	Nova Centurion May Level 1 LC Open Meet	Nottingham	Nova Cent'n	1
38.37	231	H	11/03/18	Nova Centurion March Sprint Meet 2018	Nottingham	Nova Cent'n	3
43.61	157	H	05/03/17	Nova Centurion March Sprint Meet 2017	Nottingham	Nova Cent'n	3

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