

Individual Best Times (All Time)

Kieran Howard - (875334) - Radford SC - 100 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
1:04.75	506	F	21/01/23	Nottinghamshire ASA County Championships 2023	Nottingham	Radford	1
1:05.53	488	H	21/01/23	Nottinghamshire ASA County Championships 2023	Nottingham	Radford	1
1:07.67	443	H	15/01/22	Nottinghamshire ASA County Championships 2022	Harvey Hadden	Radford	1
1:12.90	354	H	18/01/20	Nottinghamshire ASA County Championships 2020	Nottingham	Radford	1
1:18.69	281	H	19/01/19	Nottinghamshire ASA County Championships 2019	Harvey Hadden	Bramcote	1
1:19.25	276	H	12/05/19	Nova Centurion May Level 1 LC Open Meet	Nottingham	Nova Cent'n	1
1:20.19	266	H	28/04/19	SE East Midlands Region Champs 2019 Gala 1	Corby	Nova Cent'n	1
1:21.62	252	H	25/05/19	City of Cardiff International Open Meet	Cardiff	Nova Cent'n	1
1:21.97	249	H	11/03/18	Nova Centurion March Sprint Meet 2018	Nottingham	Nova Cent'n	3
1:23.67	234	H	26/05/18	Cardiff International Open Meet	Cardiff	Nova Cent'n	1
1:25.90	216	H	20/01/18	Nottinghamshire ASA County Championships 2018	Nottingham	Bramcote	1
1:28.51	198	H	21/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	Nova Cent'n	1
1:31.51	179	H	04/02/17	Nottingham ASA County Championships 2017	Nottingham	Bramcote	1
1:32.61	172	H	08/07/17	Northampton 2017 Long Course Summer Festival	Corby	Nova Cent'n	3
1:36.59	152	H	05/03/17	Nova Centurion March Sprint Meet 2017	Nottingham	Nova Cent'n	3

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