

Individual Best Times (All Time)

Kieran Howard - (875334) - Radford SC - 200 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
2:11.19	470	H	06/02/22	Nottinghamshire ASA County Championships 2022	Harvey Hadden	Radford	1
2:22.53	366	H	19/01/20	Nottinghamshire ASA County Championships 2020	Nottingham	Radford	1
2:29.83	315	H	07/07/18	Northampton Swimming Club 2018 LC Summer Festival	Corby	Nova Cent'n	3
2:30.40	311	H	12/05/19	Nova Centurion May Level 1 LC Open Meet	Nottingham	Nova Cent'n	1
2:33.94	290	H	25/05/18	Cardiff International Open Meet	Cardiff	Nova Cent'n	1
2:34.80	286	H	24/05/19	City of Cardiff International Open Meet	Cardiff	Nova Cent'n	1
2:38.09	268	H	21/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	Nova Cent'n	1
2:40.23	257	H	14/05/17	Nova Centurion May Level 1 LC Open Meet	Nottingham	Nova Cent'n	1
2:41.62	251	H	27/04/19	SE East Midlands Region Champs 2019 Gala 1	Corby	Nova Cent'n	1
2:47.74	224	H	05/02/17	Nottingham ASA County Championships 2017	Nottingham	Bramcote	1
2:53.56	202	H	08/07/17	Northampton 2017 Long Course Summer Festival	Corby	Nova Cent'n	3
2:54.99	198	H	17/07/16	Nottinghamshire ASA Summer Gala	Nottingham	Bramcote	3
3:01.72	176	H	17/01/16	Nottinghamshire ASA County Championships 2016	Nottingham	Bramcote	1
3:11.29	151	H	19/12/15	Nottinghamshire Festive Frenzy Gala 2015	Nottingham	Bramcote	3

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