

Individual Best Times (All Time)

Kieran Howard - (875334) - Radford 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
1:12.82	476	H	07/05/22	SE East Midland Regional Long Course Championships	Sheffield	Radford	1
1:12.84	476	H	01/05/23	East Midlands Regional LC Championships 2023	Derby	Radford	1
1:13.39	465	H	04/02/23	Nottinghamshire ASA County Championships 2023	Nottingham	Radford	1
1:13.41	465	F	07/05/22	SE East Midland Regional Long Course Championships	Sheffield	Radford	1
1:14.03	453	F	04/02/23	Nottinghamshire ASA County Championships 2023	Nottingham	Radford	1
1:14.45	445	H	05/02/22	Nottinghamshire ASA County Championships 2022	Harvey Hadden	Radford	1
1:14.75	440	F	05/02/22	Nottinghamshire ASA County Championships 2022	Harvey Hadden	Radford	1
1:16.56	410	H	01/08/21	SE East Midlands Festival of Swimming 2021	Nottingham	Radford	1
1:17.40	396	F	01/02/20	Nottinghamshire ASA County Championships 2020	Nottingham	Radford	1
1:20.65	350	H	01/02/20	Nottinghamshire ASA County Championships 2020	Nottingham	Radford	1
1:29.53	256	H	24/05/19	City of Cardiff International Open Meet	Cardiff	Nova Cent'n	1
1:32.12	235	F	24/05/19	City of Cardiff International Open Meet	Cardiff	Nova Cent'n	1
1:33.20	227	H	25/05/18	Cardiff International Open Meet	Cardiff	Nova Cent'n	1
1:37.85	196	H	11/03/18	Nova Centurion March Sprint Meet 2018	Nottingham	Nova Cent'n	3
1:47.86	146	H	05/03/17	Nova Centurion March Sprint Meet 2017	Nottingham	Nova Cent'n	3
1:59.46	107	H	17/07/16	Nottinghamshire ASA Summer Gala	Nottingham	Bramcote	3

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