

Individual Best Times (All Time)

Thea Cowie - (891388) - North Tyneside SC - 200 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
2:40.00	455	H	28/05/17	ASA North East Region Championships	Sunderland	North Tyne	1
2:40.49	451	H	26/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	North Tyne	1
2:40.74	449	H	14/01/18	City of Sunderland New Year Meet 2018	Sunderland	North Tyne	1
2:42.40	435	H	08/07/17	City of Sunderland Summer Splash 2017	Sunderland	North Tyne	3
4:05.65	125	H	07/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	North Tyne	3

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