

Individual Best Times (All Time)

Lucy Cape - (1154770) - Harrogate District SC - 50 Freestyle - Short 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
31.72	377	H	02/04/16	Spa Town Meet	Harrogate	Harrogate	3
31.85	373	H	26/06/17	Harrogate Summer Club Sprint Championships	Harrogate	Harrogate	4
31.89	371	H	11/06/16	Harrogate Summer Meet	Harrogate	Harrogate	3
32.28	358	F	26/06/17	Harrogate Summer Club Sprint Championships	Harrogate	Harrogate	4
32.39	354	H	13/05/17	Wear Valley May Level 3 Meet	Bishop Auckland	Harrogate	3
32.54	349	H	10/12/16	Middlesbrough Christmas Meet	Middlesbrough	Harrogate	3
32.81	341	H	14/05/16	Wear Valley Level 3 Meet May 2016	Bishop Auckland	Harrogate	3
32.94	337	H	09/01/16	Harrogate District Janus Meet	Harrogate	Harrogate	3
33.26	327	H	05/12/15	Derwentside Christmas Cracker	Stanley		3
34.15	302	H	04/07/15	Harrogate Summer A Grade Meet	Harrogate		3
34.55	292	H	16/05/15	Wear Valley May Level 3 Meet	Bishop Auckland		3
34.80	286	H	25/04/15	Harrogate District Spa Town Meet	Harrogate		3
36.14	255	H	26/04/14	Harrogate Spa Town Graded Meet	Harrogate	Harrogate	3
37.08	236	H	19/07/14	City of Bradford SC End of Season A B Graded Meet	Shipley		3
38.00	219	H	17/06/14	Harrogate Club Championships	Harrogate	Harrogate	4
38.86	205	H	11/01/14	Harrogate SC Janus Meet	Harrogate	Harrogate	3
41.88	164	H	22/06/13	Harrogate District SC Summer A Grade Meet	Harrogate	Harrogate	3
41.91	163	H	13/05/13	Harrogate District SC Club Championships	Harrogate	Harrogate	4
44.04	141	H	06/10/13	Darlington ASC Dander October Meet 2013	Darlington	Harrogate	3

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