

# Individual Best Times (All Time)

Lucy Cape - (1154770) - Harrogate District SC - 50 Backstroke - 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
36.34	335	H	26/06/17	Harrogate Summer Club Sprint Championships	Harrogate	Harrogate	4
36.75	324	H	08/01/17	Harrogate Janus A & B Grade Meet	Harrogate	Harrogate	3
36.83	322	H	13/05/17	Wear Valley May Level 3 Meet	Bishop Auckland	Harrogate	3
37.05	316	F	26/06/17	Harrogate Summer Club Sprint Championships	Harrogate	Harrogate	4
37.50	305	H	12/06/16	Harrogate Summer Meet	Harrogate	Harrogate	3
37.64	301	H	03/04/16	Spa Town Meet	Harrogate	Harrogate	3
38.11	290	H	11/12/16	Middlesbrough Christmas Meet	Middlesbrough	Harrogate	3
38.52	281	H	16/05/15	Wear Valley May Level 3 Meet	Bishop Auckland		3
38.62	279	H	26/04/15	Harrogate District Spa Town Meet	Harrogate		3
38.73	277	H	10/01/16	Harrogate District Janus Meet	Harrogate	Harrogate	3
38.93	272	H	14/05/16	Wear Valley Level 3 Meet May 2016	Bishop Auckland	Harrogate	3
39.62	258	H	05/12/15	Derwentside Christmas Cracker	Stanley		3
39.85	254	H	05/07/15	Harrogate Summer A Grade Meet	Harrogate		3
40.68	239	H	20/07/14	City of Bradford SC End of Season A B Graded Meet	Shipley		3
41.62	223	H	27/04/14	Harrogate Spa Town Graded Meet	Harrogate	Harrogate	3
43.03	202	H	17/06/14	Harrogate Club Championships	Harrogate	Harrogate	4
45.34	172	H	12/01/14	Harrogate SC Janus Meet	Harrogate	Harrogate	3
46.51	160	H	10/11/13	Harrogate District SC Annual Autumn Meet	Harrogate	Harrogate	3
47.96	145	H	23/06/13	Harrogate District SC Summer A Grade Meet	Harrogate	Harrogate	3
49.34	134	H	06/10/13	Darlington ASC Dander October Meet 2013	Darlington	Harrogate	3
50.79	122	H	13/05/13	Harrogate District SC Club Championships	Harrogate	Harrogate	4

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