

Individual Best Times (All Time)

Lucy Cape - (1154770) - Harrogate District SC - 200 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
2:47.06	360	H	08/01/17	Harrogate Janus A & B Grade Meet	Harrogate	Harrogate	3
2:50.97	336	H	19/09/16	Harrogate District Club Championships	Harrogate	Harrogate	4
2:52.38	328	H	11/12/16	Middlesbrough Christmas Meet	Middlesbrough	Harrogate	3
2:55.86	309	H	14/05/16	Wear Valley Level 3 Meet May 2016	Bishop Auckland	Harrogate	3
3:07.37	255	H	21/09/15	Harrogate District Club Championships	Harrogate		4
3:17.06	219	H	13/10/14	Harrogate Club Championships	Harrogate		4
4:01.35	119	H	30/09/13	Harrogate District Club Championships	Harrogate	Harrogate	4

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