

Individual Best Times (All Time)

Lucy Cape - (1154770) - Harrogate District SC - 200 Individual Medley - 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
2:56.05	331	H	15/05/16	Wear Valley Level 3 Meet May 2016	Bishop Auckland	Harrogate	3
2:57.69	322	H	10/01/16	Harrogate District Janus Meet	Harrogate	Harrogate	3
3:03.30	293	H	26/04/15	Harrogate District Spa Town Meet	Harrogate		3
3:04.28	289	H	11/10/15	Yorkshire Winter Competition	Sheffield		2
3:09.85	264	H	14/09/15	Harrogate District Club Championships	Harrogate		4
3:17.52	234	H	20/09/14	Harrogate District Club Championships	Harrogate		4
3:19.11	229	H	27/04/14	Harrogate Spa Town Graded Meet	Harrogate	Harrogate	3
3:19.93	226	H	24/06/14	Harrogate Club Championships	Harrogate	Harrogate	4
3:34.93	182	H	08/02/14	Middlesbrough ASC AA Grade 2014	Middlesbrough	Harrogate	3
3:41.51	166	H	12/01/14	Harrogate SC Janus Meet	Harrogate	Harrogate	3
3:49.73	149	H	10/11/13	Harrogate District SC Annual Autumn Meet	Harrogate	Harrogate	3
3:59.81	131	H	16/09/13	Harrogate District Club Championships	Harrogate	Harrogate	4

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3:59.81

131

H

16/09/13

Harrogate District Club Championships

Harrogate

Harrogate

4