Individual Best Times (All Time)

Lucy Cape - (1154770) - Harrogate District SC - 50 Breaststroke - Short Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

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Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
44.23	263	Н	12/06/16	Harrogate Summer Meet	Harrogate	Harrogate	3
44.35	261	Н	03/04/16	Spa Town Meet	Harrogate	Harrogate	3
44.35	261	Н	14/05/17	Wear Valley May Level 3 Meet	Bishop Auckland	Harrogate	3
44.85	253	Н	11/12/16	Middlesbrough Christmas Meet	Middlesbrough	Harrogate	3
45.61	240	Н	10/01/16	Harrogate District Janus Meet	Harrogate	Harrogate	3
46.53	226	Н	15/05/16	Wear Valley Level 3 Meet May 2016	Bishop Auckland	Harrogate	3
46.64	225	Н	26/04/15	Harrogate District Spa Town Meet	Harrogate		3
46.92	221	Н	05/07/15	Harrogate Summer A Grade Meet	Harrogate		3
48.25	203	Н	22/06/15	Harrogate Club Championships	Harrogate		4
49.98	182	Н	27/04/14	Harrogate Spa Town Graded Meet	Harrogate	Harrogate	3
50.36	178	Н	19/07/14	City of Bradford SC End of Season A B Graded Meet	Shipley		3
51.81	164	Н	17/06/14	Harrogate Club Championships	Harrogate	Harrogate	4
54.18	143	Н	12/01/14	Harrogate SC Janus Meet	Harrogate	Harrogate	3
55.48	133	Н	10/11/13	Harrogate District SC Annual Autumn Meet	Harrogate	Harrogate	3
56.16	128	Н	23/06/13	Harrogate District SC Summer A Grade Meet	Harrogate	Harrogate	3
56.29	128	Н	13/05/13	Harrogate District SC Club Championships	Harrogate	Harrogate	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
44.35	261	Н	14/05/17	Wear Valley May Level 3 Meet	Bishop Auckland	Harrogate	3
44.85	253	н	11/12/16	Middlesbrough Christmas Meet	Middlesbrough	Harrogate	3
44.23	263	Н	12/06/16	Harrogate Summer Meet	Harrogate	Harrogate	3
46.53	226	Н	15/05/16	Wear Valley Level 3 Meet May 2016	Bishop Auckland	Harrogate	3
44.35	261	Н	03/04/16	Spa Town Meet	Harrogate	Harrogate	3
45.61	240	Н	10/01/16	Harrogate District Janus Meet	Harrogate	Harrogate	3
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	44.35 44.85 44.23 46.53 44.35 45.61 46.92	44.35 261 44.85 253 44.23 263 46.53 226 44.35 261 45.61 240	44.35 261 H 44.85 253 H 44.23 263 H 46.53 226 H 44.35 261 H 45.61 240 H 46.92 221 H	44.35 261 H 14/05/17 44.85 253 H 11/12/16 44.23 263 H 12/06/16 46.53 226 H 15/05/16 44.35 261 H 03/04/16 45.61 240 H 10/01/16 46.92 221 H 05/07/15	44.35261H14/05/17Wear Valley May Level 3 Meet44.85253H11/12/16Middlesbrough Christmas Meet44.23263H12/06/16Harrogate Summer Meet46.53226H15/05/16Wear Valley Level 3 Meet May 201644.35261H03/04/16Spa Town Meet45.61240H10/01/16Harrogate District Janus Meet46.92221H05/07/15Harrogate Summer A Grade Meet	44.35261H14/05/17Wear Valley May Level 3 MeetBishop Auckland44.85253H11/12/16Middlesbrough Christmas MeetMiddlesbrough44.23263H12/06/16Harrogate Summer MeetHarrogate46.53226H15/05/16Wear Valley Level 3 Meet May 2016Bishop Auckland44.35261H03/04/16Spa Town MeetHarrogate45.61240H10/01/16Harrogate District Janus MeetHarrogate46.92221H05/07/15Harrogate Summer A Grade MeetHarrogate	44.35261H14/05/17Wear Valley May Level 3 MeetBishop AucklandHarrogate44.85253H11/12/16Middlesbrough Christmas MeetMiddlesbroughHarrogate44.23263H12/06/16Harrogate Summer MeetHarrogateHarrogate46.53226H15/05/16Wear Valley Level 3 Meet May 2016Bishop AucklandHarrogate44.35261H03/04/16Spa Town MeetHarrogateHarrogate45.61240H10/01/16Harrogate District Janus MeetHarrogateHarrogate46.92221H05/07/15Harrogate Summer A Grade MeetHarrogate

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Page 2 / 2