

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

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

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