

Individual Best Times (All Time)

Lara Harrold - (1456976) - Truro City SC - 50 Freestyle - 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
32.06	365	H	25/02/23	Cornwall County Championships 2023	Penzance		2
32.39	354	F	08/10/23	Carn Brea & Helston 35th Open Meet 2023	Bodmin		2
32.58	348	F	07/01/23	Cornwall ASA Rising Stars Intermediate Gala 2023	Penzance		3
32.70	344	F	26/11/22	Carn Brea & Helston 10th Invitational Meet	Penzance		4
32.82	341	F	12/11/22	North Cornwall Dragons & Newquay Open Meet 2022	Bodmin		3
33.74	313	F	03/07/22	Truro City SC Club Championships	Truro		4
35.47	270	F	12/03/22	Carn Brea & Helston 5th Open Sprint Meet 2022	Bodmin		3
36.07	256	H	27/05/21	tr1 swim	Truro	TR1 Swim	0
36.91	239	F	07/03/20	Carn Brea & Helston 4th Open Sprint Meet 2020	Penzance	Truro City	3
37.55	227	F	30/11/19	Carn Brea & Helston 9th Invitational Meet	Penzance	Truro City	4
40.02	188	F	11/07/19	Truro City Club Fast Five Championships	Truro	Truro City	4
40.02	188	F	17/07/19	Truro City Club Fast Five Championships	Truro	Truro City	4
40.46	182	F	31/03/19	Newquay Cormorants Open	Bodmin	Truro City	3
41.61	167	F	15/06/19	Truro City Open Meet	Penzance	Truro City	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
32.39	354	F	08/10/23	Carn Brea & Helston 35th Open Meet 2023	Bodmin		2
32.06	365	H	25/02/23	Cornwall County Championships 2023	Penzance		2
32.58	348	F	07/01/23	Cornwall ASA Rising Stars Intermediate Gala 2023	Penzance		3
32.70	344	F	26/11/22	Carn Brea & Helston 10th Invitational Meet	Penzance		4
32.82	341	F	12/11/22	North Cornwall Dragons & Newquay Open Meet 2022	Bodmin		3
33.74	313	F	03/07/22	Truro City SC Club Championships	Truro		4
35.47	270	F	12/03/22	Carn Brea & Helston 5th Open Sprint Meet 2022	Bodmin		3
36.07	256	H	27/05/21	tr1 swim	Truro	TR1 Swim	0
36.91	239	F	07/03/20	Carn Brea & Helston 4th Open Sprint Meet 2020	Penzance	Truro City	3

37.55	227	F	30/11/19	Carn Brea & Helston 9th Invitational Meet	Penzance	Truro City	4
40.02	188	F	17/07/19	Truro City Club Fast Five Championships	Truro	Truro City	4
40.02	188	F	11/07/19	Truro City Club Fast Five Championships	Truro	Truro City	4
41.61	167	F	15/06/19	Truro City Open Meet	Penzance	Truro City	3
40.46	182	F	31/03/19	Newquay Cormorants Open	Bodmin	Truro City	3