

Individual Best Times (All Time)

Lara Harrold - (1456976) - Truro City SC - 50 Butterfly - 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
35.19	332	F	08/10/23	Carn Brea & Helston 35th Open Meet 2023	Bodmin		2
37.12	283	F	26/11/22	Carn Brea & Helston 10th Invitational Meet	Penzance		4
37.47	275	F	03/07/22	Truro City SC Club Championships	Truro		4
37.53	274	H	05/02/23	Cornwall County Championships 2023	Bodmin		2
39.69	231	F	12/03/22	Carn Brea & Helston 5th Open Sprint Meet 2022	Bodmin		3
43.93	170	F	01/12/19	Cornwall County Development Gala 2019	Bodmin	Truro City	3
43.93	170	F	07/03/20	Carn Brea & Helston 4th Open Sprint Meet 2020	Penzance	Truro City	3
44.99	159	F	11/07/19	Truro City Club Fast Five Championships	Truro	Truro City	4
44.99	159	F	17/07/19	Truro City Club Fast Five Championships	Truro	Truro City	4
45.87	150	F	31/03/19	Newquay Cormorants Open	Bodmin	Truro City	3
46.37	145	F	30/11/19	Carn Brea & Helston 9th Invitational Meet	Penzance	Truro City	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
35.19	332	F	08/10/23	Carn Brea & Helston 35th Open Meet 2023	Bodmin		2
37.53	274	H	05/02/23	Cornwall County Championships 2023	Bodmin		2
37.12	283	F	26/11/22	Carn Brea & Helston 10th Invitational Meet	Penzance		4
37.47	275	F	03/07/22	Truro City SC Club Championships	Truro		4
39.69	231	F	12/03/22	Carn Brea & Helston 5th Open Sprint Meet 2022	Bodmin		3
43.93	170	F	07/03/20	Carn Brea & Helston 4th Open Sprint Meet 2020	Penzance	Truro City	3
43.93	170	F	01/12/19	Cornwall County Development Gala 2019	Bodmin	Truro City	3
46.37	145	F	30/11/19	Carn Brea & Helston 9th Invitational Meet	Penzance	Truro City	4
44.99	159	F	17/07/19	Truro City Club Fast Five Championships	Truro	Truro City	4
44.99	159	F	11/07/19	Truro City Club Fast Five Championships	Truro	Truro City	4
45.87	150	F	31/03/19	Newquay Cormorants Open	Bodmin	Truro City	3