

Individual Best Times (All Time)

Lara Harrold - (1456976) - Truro City SC - 50 Backstroke - 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
40.10	249	F	03/07/22	Truro City SC Club Championships	Truro		4
40.23	247	H	27/05/21	tr1 swim	Truro	TR1 Swim	0
40.36	244	F	20/11/21	Carn Brea & Helston SC 2021 Winter Open Meet	Penzance		3
41.19	230	F	07/03/20	Carn Brea & Helston 4th Open Sprint Meet 2020	Penzance	Truro City	3
41.55	224	F	12/03/22	Carn Brea & Helston 5th Open Sprint Meet 2022	Bodmin		3
42.24	213	F	30/11/19	Carn Brea & Helston 9th Invitational Meet	Penzance	Truro City	4
42.25	213	F	01/12/19	Cornwall County Development Gala 2019	Bodmin	Truro City	3
43.51	195	F	21/12/19	Caradons Cornish Christmas Cracker 2019	Bodmin	Truro City	3
44.27	185	F	15/06/19	Truro City Open Meet	Penzance	Truro City	3
45.93	166	F	11/07/19	Truro City Club Fast Five Championships	Truro	Truro City	4
45.93	166	F	17/07/19	Truro City Club Fast Five Championships	Truro	Truro City	4
48.26	143	F	31/03/19	Newquay Cormorants Open	Bodmin	Truro City	3

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48.26 143

F

31/03/19 Newquay Cormorants Open

Bodmin

Truro City

3