

Individual Best Times (All Time)

Lara Harrold - (1456976) - Truro City SC - 100 Individual Medley - 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
1:24.27	301	F	11/06/23	Truro City SC Club Championships 2023	Truro		4
1:28.69	258	F	03/07/22	Truro City SC Club Championships	Truro		4
1:32.15	230	F	12/03/22	Carn Brea & Helston 5th Open Sprint Meet 2022	Bodmin		3
1:34.00	217	F	20/11/21	Carn Brea & Helston SC 2021 Winter Open Meet	Penzance		3
1:34.04	216	F	07/03/20	Carn Brea & Helston 4th Open Sprint Meet 2020	Penzance	Truro City	3
1:39.45	183	F	21/12/19	Caradons Cornish Christmas Cracker 2019	Bodmin	Truro City	3
1:40.39	178	H	13/07/21	TR1 Swim	Truro	TR1 Swim	0
1:42.84	165	F	11/07/19	Truro City Club Fast Five Championships	Truro	Truro City	4
1:42.84	165	F	17/07/19	Truro City Club Fast Five Championships	Truro	Truro City	4

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