

Individual Best Times (All Time)

Lara Harrold - (1456976) - Truro City SC - 200 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 |
|---------|--------|-------|----------|--------------------------------------|--------|-----------------|-------|
| 3:26.36 | 152 | F | 23/09/19 | Truro City Club Autumn Championships | Truro | Truro City | 4 |
| 3:28.70 | 147 | F | 31/03/19 | Newquay Cormorants Open | Bodmin | Truro City | 3 |

Swims in Date Order

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|---------|--------|-------|----------|--------------------------------------|--------|-----------------|-------|
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