

Individual Best Times (All Time)

Emily Howes - (485159) - Folkestone SC - 100 Breaststroke - 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
1:31.91	312	H	17/10/15	East Invicta Annual Championships	Canterbury		2
1:32.36	307	H	05/07/14	Herne Bay Summer Gala	Canterbury		3
1:32.55	305	F	11/10/14	National Swimming Arena South 2014 R 1	Gillingham	Shepway SC	3
1:33.23	299	F	13/12/14	NASLS 2014 Round Three	Gillingham	Shepway SC	3
1:33.63	295	F	08/11/14	NASL2014 Round 2	Hastings	Shepway SC	3
1:33.94	292	F	11/10/14	National Swimming Arena South 2014 R 1	Gillingham	Shepway SC	3
1:33.97	292	H	23/06/14	Folkestone Sports Centre Club Championships	Folkestone	Folkestone	4
1:34.53	287	F	12/11/16	NASLS Round 2	Bexleyheath	Shepway SC	3
1:35.01	282	F	13/12/14	NASLS 2014 Round Three	Gillingham	Shepway SC	3
1:35.07	282	H	02/11/15	Folkestone Sports Centre Club Championships	Folkestone	Folkestone	4
1:35.19	281	H	07/11/16	Folkestone Club Championships	Folkestone	Folkestone	4
1:35.67	276	F	14/10/17	NASLS - Round One	Horsham	Shepway SC	3
1:36.41	270	F	08/10/16	NASL South	Dover	Shepway SC	3
1:36.76	267	F	01/12/13	Atlantis Christmas Cracker Open Meet	Horsham	Folkestone	3
1:36.96	266	F	11/11/17	NASLS - ROUND TWO	Burgess Hill	Shepway SC	3
1:37.18	264	H	03/11/17	Folkestone Sports Centre Club Championships	Folkestone		4
1:37.81	259	H	06/07/13	Herne Bay LSC Annual Summer Gala	Kingsmead	Folkestone	3
1:37.98	257	F	27/04/13	Canterbury Medley Madness Spring Open Gala	Canterbury	Folkestone	3
1:38.00	257	F	10/12/16	NASLS - Round 3	Bexleyheath	Shepway SC	3
1:38.01	257	H	04/05/13	Black Lion SC Level 3 Spring Open Meet	Gillingham	Folkestone	3
1:38.70	252	F	09/12/17	NASLS - Round Three	Crawley	Shepway SC	3
1:45.04	209	H	06/11/11	Dartford District Centenary Level 4 Meet	Gillingham	Folkestone	4

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