

Individual Best Times (All Time)

Lucy Howes - (485160) - Folkestone SC - 200 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
2:30.87	489	H	17/10/15	East Invicta Annual Championships	Canterbury		2
2:34.28	458	H	09/11/15	Folkestone Club Championships	Folkestone	Folkestone	4
2:34.56	455	H	15/10/11	East Invicta Championships 2011	Canterbury	Folkestone	2
2:36.85	436	H	02/01/16	Dover and Canterbury (Jointly) Icebreaker 2016	Kent	Folkestone	3
2:37.81	428	H	17/03/12	Sussex County Championships	Crawley	Folkestone	2
2:39.81	412	H	30/06/14	Folkestone Club Championships	Folkestone	Folkestone	4
2:41.61	398	H	19/11/11	1066 Swimmers Club Championships	Hastings	Folkestone	4
2:41.95	396	H	19/03/11	Sussex County Championships	Crawley	Folkestone	2
2:48.10	354	H	08/01/11	Co Canterbury & Dover Icebreaker Open Meet	Canterbury	Folkestone	3
2:49.34	346		26/09/10	Littlehampton Develop Meet	Feltham	Folkestone	3
2:58.77	294	H	15/11/09	Sussex Development Meet	Brighton	Folkestone	3
3:07.71	254	H	18/04/10	Orpington Ojays Open Meet	Gillingham	Folkestone	2

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