

Individual Best Times (All Time)

Lucy Howes - (485160) - Folkestone SC - 400 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
5:25.48	503	H	18/10/15	East Invicta Annual Championships	Canterbury		2
5:26.05	500	H	17/03/12	Sussex County Championships	Crawley	Folkestone	2
5:27.13	495	H	27/11/15	Folkestone Sports Centre SC Club Championships	Folkestone	Folkestone	4
5:28.25	490		04/07/14	Folkestone Club Championships	Folkestone	Folkestone	4
5:28.64	489	H	02/01/16	Dover and Canterbury (Jointly) Icebreaker 2016	Kent	Folkestone	3
5:36.30	456	H	16/10/11	East Invicta Championships 2011	Canterbury	Folkestone	2
5:39.47	443	H	19/03/11	Sussex County Championships	Crawley	Folkestone	2
6:00.76	369	H	24/10/10	East Invicta 2010 Champs	Canterbury	Folkestone	2
6:08.90	345	H	13/03/10	Sussex County Champs	Crawley	Folkestone	2
6:11.19	339	H	17/04/10	Orpington Ojays Open Meet	Gillingham	Folkestone	2

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