

Individual Best Times (All Time)

Lucy Howes - (485160) - Folkestone 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
1:09.60	535	H	22/02/14	BG Kent ASA Swimming Championships	Gillingham	Folkestone	2
1:09.68	533	H	23/11/15	Folkestone Sports Centre Club Championships	Folkestone	Folkestone	4
1:09.90	528	F	04/10/15	East Invicta Annual Championships	Canterbury		2
1:10.28	519	H	08/11/15	ASA South East Region Winter Championships 2015	Portsmouth		2
1:10.32	518	H	04/10/15	East Invicta Annual Championships	Canterbury		2
1:10.88	506	F	05/10/14	East Invicta Annual Championships	Canterbury		3
1:11.33	497	H	05/10/14	East Invicta Annual Championships	Canterbury		3
1:11.40	495	H	17/03/12	Sussex County Championships	Crawley	Folkestone	2
1:11.77	488	F	09/07/16	Terry Fitzgerald Memorial Open Meet 2016	Hastings		3
1:12.43	474	H	05/01/14	Bexley Short Course Open Meet	Bexleyheath	Folkestone	3
1:13.50	454	H	23/02/13	Kent County Championships	Gillingham	Folkestone	2
1:13.59	452	H	06/11/11	Dartford District Centenary Level 4 Meet	Gillingham	Folkestone	4
1:13.61	452	H	19/11/11	1066 Swimmers Club Championships	Hastings	Folkestone	4
1:13.66	451	H	29/10/11	Gravesend & Northfleet Open Meet	Gillingham	Folkestone	3
1:14.09	443		25/11/12	Maidstone Level 3 Open Meet	Maidstone	Folkestone	3
1:14.44	437	H	08/10/11	White Oak Level 3 Meet	Gillingham	Folkestone	3
1:14.68	433	H	17/06/19	Folkestone Sports Centre Club Championships	Folkestone		4
1:14.81	431	H	07/07/14	Folkestone Club Championships	Folkestone	Folkestone	4
1:15.46	419		02/12/12	ASA South East Region Open & Junior Meet	Aldershot	Folkestone	2
1:15.47	419		03/06/12	Bognor Regis SC Vanessa Knight Open	Feltham	Folkestone	4
1:15.86	413		06/11/10	Dartford District Open Meet	Gillingham	Folkestone	4
1:16.94	396	H	25/06/18	Folkestone Sports Centre Club Championships 2018	Folkestone		4
1:17.66	385	H	19/03/11	Sussex County Championships	Crawley	Folkestone	2
1:18.06	379	H	03/10/10	East Invicta 2010 Champs	Canterbury	Folkestone	2
1:18.41	374		28/11/10	Maidstone Open Meet	Maidstone	Folkestone	3
1:18.82	368	H	26/06/10	White Cliffs Invitation	Dover	Folkestone	4
1:18.82	368	F	26/06/10	White Cliffs Invitation	Dover	Folkestone	4

1:16.02	300	F	20/06/10	White Cliffs Invitation	Dover	Folkestone	
1:21.75	330	H	18/09/10	Ken Deeley 50m Sprint Meet	Brighton	Folkestone	3
1:23.97	304	H	14/06/09	Dover Whitecliffs Gala	Dover	Folkestone	4
1:24.06	303	H	01/11/09	Sussex County Development	Brighton	Folkestone	3
1:25.35	290		07/11/09	Dartford District Open Mt	Gillingham	Folkestone	4
1:27.31	271	H	19/09/09	Ken Deeley Sprint Meet	Brighton	Folkestone	3
1:31.76	233		30/11/08	Maidstone Open Meet	Maidstone	Folkestone	2

Swims in Date Order

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