

Individual Best Times (All Time)

Lucy Howes - (485160) - Folkestone 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 |
|---------|--------|-------|----------|---|------------|-----------------|-------|
| 2:13.17 | 568 | H | 22/02/14 | BG Kent ASA Swimming Championships | Gillingham | Folkestone | 2 |
| 2:14.15 | 555 | H | 26/10/14 | East Invicta Annual Championships | Canterbury | | 3 |
| 2:14.60 | 550 | | 27/04/14 | Rugby Open Meet 2014 | Rugby | Folkestone | 3 |
| 2:14.99 | 545 | H | 26/04/15 | Rugby Open Meet 2015 | Rugby | | 3 |
| 2:15.61 | 538 | H | 25/02/12 | Sussex County Championships | Crawley | Folkestone | 2 |
| 2:16.83 | 523 | H | 23/11/15 | Folkestone Sports Centre Club Championships | Folkestone | Folkestone | 4 |
| 2:16.97 | 522 | H | 20/10/13 | East Invicta ASA Annual Championships | Canterbury | Folkestone | 3 |
| 2:17.19 | 519 | F | 04/02/12 | Sussex Schools Swimming Assoc Champs | Crawley | Folkestone | 2 |
| 2:17.30 | 518 | H | 21/02/15 | 2015 Kent County Swimming Championships | Gillingham | Shepway SC | 2 |
| 2:17.55 | 515 | H | 16/10/11 | East Invicta Championships 2011 | Canterbury | Folkestone | 2 |
| 2:17.88 | 512 | H | 16/03/13 | Kent County Championships | Gillingham | Folkestone | 2 |
| 2:18.28 | 507 | H | 08/10/11 | White Oak Level 3 Meet | Gillingham | Folkestone | 3 |
| 2:18.35 | 506 | H | 14/04/12 | City of Stoke upon Trent YK2 Meet | Stoke | Folkestone | 3 |
| 2:19.63 | 493 | | 02/04/11 | City of Canterbury Open Meet | Canterbury | Folkestone | 2 |
| 2:20.95 | 479 | H | 19/05/13 | East Invicta ASA Development Gala 2013 | Dover | Folkestone | 4 |
| 2:21.38 | 474 | | 25/09/11 | Littlehampton SC Development Chaser | Felpham | Folkestone | 3 |
| 2:21.62 | 472 | H | 19/02/11 | Sussex County Championships | Crawley | Folkestone | 2 |
| 2:21.84 | 470 | H | 08/01/12 | Icebreaker 2012 | Canterbury | Folkestone | 3 |
| 2:21.98 | 468 | H | 15/01/11 | Brighton Tom Handley Memorial Meet | Brighton | Folkestone | 2 |
| 2:22.15 | 467 | H | 18/10/15 | East Invicta Annual Championships | Canterbury | | 2 |
| 2:25.43 | 436 | H | 07/07/14 | Folkestone Club Championships | Folkestone | Folkestone | 4 |
| 2:25.70 | 433 | H | 24/10/10 | East Invicta 2010 Champs | Canterbury | Folkestone | 2 |
| 2:25.78 | 433 | H | 22/05/10 | Black Lion Spring Open Meet | Gillingham | Folkestone | 2 |
| 2:26.35 | 428 | H | 14/03/10 | Sussex County Champs | Crawley | Folkestone | 2 |
| 2:26.35 | 428 | F | 05/12/10 | Atlantis Xmas Open Meet | Horsham | Folkestone | 2 |
| 2:26.75 | 424 | H | 09/01/11 | Co Canterbury & Dover Icebreaker Open Meet | Canterbury | Folkestone | 3 |
| 2:26.83 | 424 | H | 10/11/11 | 1000 Swimmers Club Championships | Hastings | Folkestone | 4 |

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|---------|-----|---|----------|---------------------------------------|--------------|------------|---|
| 2:20.03 | 424 | H | 19/11/11 | 1066 Swimmers Club Championships | Hastings | Folkestone | |
| 2:27.05 | 422 | H | 20/06/10 | Cranleigh Summer Open | Cranleigh | Folkestone | 3 |
| 2:27.27 | 420 | H | 28/10/12 | East Invicta ASA Annual Championships | Canterbury | Folkestone | 3 |
| 2:27.82 | 415 | | 25/04/10 | Littlehampton Qualifier | Felpham | Folkestone | 2 |
| 2:31.26 | 387 | H | 18/10/09 | East Invicta 2009 Champs | Canterbury | Folkestone | 2 |
| 2:33.49 | 371 | H | 11/01/10 | Ice Breaker 2010 | Canterbury | Folkestone | 2 |
| 2:39.95 | 328 | | 27/09/09 | Littlehampton Open Meet | Bognor Regis | Folkestone | 2 |

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