

Individual Best Times (All Time)

Lucy Howes - (485160) - Folkestone SC - 400 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
4:41.08	557	H	28/02/15	2015 Kent County Swimming Championships	Gillingham		2
4:46.18	527	H	10/01/15	Dover LG Club & City of Canterbury Icebreaker	Canterbury		3
4:50.07	507	H	16/11/15	Folkestone Sports Centre Club Championships	Folkestone	Folkestone	4
4:52.17	496	H	04/10/15	East Invicta Annual Championships	Canterbury		2
4:56.25	475	H	02/10/11	East Invicta Championships	Canterbury	Folkestone	2
4:59.91	458	H	23/06/14	Folkestone Sports Centre Club Championships	Folkestone	Folkestone	4
5:06.07	431	H	08/01/11	Co Canterbury & Dover Icebreaker Open Meet	Canterbury	Folkestone	3
5:07.85	424	H	03/10/10	East Invicta 2010 Champs	Canterbury	Folkestone	2
5:08.50	421	H	03/01/16	Dover and Canterbury (Jointly) Icebreaker 2016	Kent	Folkestone	3

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