

Individual Best Times (All Time)

Lucy Howes - (485160) - Folkestone SC - 200 Breaststroke - 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
2:43.51	557		26/04/14	Rugby Open Meet 2014	Rugby	Folkestone	3
2:44.16	550	H	08/11/15	ASA South East Region Winter Championships 2015	Portsmouth		2
2:44.86	543	H	28/02/15	2015 Kent County Swimming Championships	Gillingham		2
2:44.90	543	H	11/01/15	Dover LG Club & City of Canterbury Icebreaker	Canterbury		3
2:45.16	540	H	25/04/15	Rugby Open Meet 2015	Rugby		3
2:45.69	535	H	04/10/14	East Invicta Annual Championships	Canterbury		3
2:47.39	519	H	04/01/14	Bexley Short Course Open Meet	Bexleyheath	Folkestone	3
2:47.79	515	H	03/10/15	East Invicta Annual Championships	Canterbury		2
2:47.84	515	H	12/01/14	Dover Lifeguard & Canterbury Icebreaker Meet	Canterbury	Folkestone	3
2:48.19	512	H	04/07/14	Folkestone Club Championships	Folkestone	Folkestone	4
2:48.80	506	H	16/04/16	Rugby Open Meet 2016	Rugby	Folkestone	3
2:49.25	502	H	27/11/15	Folkestone Sports Centre SC Club Championships	Folkestone	Folkestone	4
2:50.09	495	H	05/10/13	East Invicta ASA Annual Championships	Canterbury	Folkestone	3
2:50.36	492	H	26/02/12	Sussex County Championships	Crawley	Folkestone	2
2:50.80	489	F	30/11/13	Atlantis Christmas Cracker Open Meet	Horsham	Folkestone	3
2:51.41	483	H	15/10/16	East Invicta Championships	Canterbury	Shepway SC	3
2:51.80	480	H	18/05/13	East Invicta ASA Development Gala 2013	Dover	Folkestone	4
2:53.92	463	F	25/03/12	Atlantis Regional-National Chaser Open	Horsham	Folkestone	2
2:54.55	458	H	23/02/13	Kent County Championships	Gillingham	Folkestone	2
2:58.12	431	H	13/01/13	Dover LG & City of Canterbury Icebreaker	Canterbury	Folkestone	2
2:59.75	419	H	21/06/19	Folkestone Sports Centre Club Championships	Folkestone		4
3:00.34	415	H	22/10/11	1066 Swimmers Club Championships	Hastings	Folkestone	4
3:01.34	408	H	01/10/11	East Invicta Championships	Canterbury	Folkestone	2
3:01.38	408	H	29/06/18	Folkestone Sports Centre Club Championships 2018	Folkestone		4
3:04.07	390		25/09/11	Littlehampton SC Development Chaser	Felpham	Folkestone	3
3:15.72	325	H	14/11/10	Sussex Development Meet	Brighton	Folkestone	4
3:23.51	288	H	01/11/09	Sussex County Development	Brighton	Folkestone	2

3:23.34	200	H	01/11/09	Sussex County Development	Brighton	Folkestone	
3:31.75	256		27/09/09	Littlehampton Open Meet	Bognor Regis	Folkestone	2

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