

Individual Best Times (All Time)

Kieran Howard - (875334) - Radford SC - 100 Backstroke - 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
1:03.50	440	H	27/03/22	City of Leicester Age Group Meet 2022	Braunstone	Radford	3
1:03.63	438	F	14/05/22	Notts Sports Centre League 2022 - Division 1	Lammas LC	Radford	4
1:03.81	434	H	05/03/23	The Dean Anscombe Open Meet 2023	Alfreton	Radford	3
1:03.87	433	H	07/11/21	East Midland Region Short Course Championships 21	Nottingham	Radford	2
1:04.05	429	H	02/04/23	City of Leicester Age Group Meet 2023	Leicester	Radford	3
1:04.14	427	H	04/10/22	Radford SC Club Championships 2022	Radford		4
1:05.10	409	F	13/05/23	Notts Sports Centre League 2023 - Division 1	Lammas	Radford	4
1:05.32	405	H	28/09/21	Radford SC Championships and Time Trial 2021	Nottingham		4
1:05.36	404	H	08/12/21	Radford SC Christmas Time Trials 2021	Ken Martin LC		4
1:06.45	384	F	29/01/22	Notts Sports Centre League 2022 - Division 1	Bramcote	Radford	4
1:09.94	329	H	25/06/21	Radford S.C.	Radford	Radford	0
1:12.11	301	H	01/12/19	Nottinghamshire ASA Festive Frenzy Gala 2019	Harvey Hadden, Notts	Radford	3
1:15.53	261	H	14/07/18	Nottinghamshire ASA Summer Gala 2018	Nottingham	Bramcote	3
1:16.38	253	H	20/10/18	Nova Centurion October L2 SC Open Meet	Nottingham	Nova Cent'n	2
1:17.90	238	H	11/10/19	Radford Annual Club Champs and Time Trials	John Carroll LC	Radford	4
1:20.59	215	H	19/11/17	Mansfield Major Oak Open Meet	Mansfield	Bramcote	3
1:23.95	190	H	01/10/17	Roebuck Level 3 Open meet	Walsall	Nova Cent'n	3
1:29.67	156	H	18/12/16	Nottinghamshire ASA Festive Frenzy Gala 2016	Nottingham	Bramcote	3
1:33.16	139	H	12/03/17	The Ernehale Open Meet	Nottingham	Bramcote	3
1:35.12	131	F	10/09/16	Bramcote Combined Diddy & Bagcat Club Champs	Nottingham	Bramcote	4
1:44.47	99	F	08/07/15	Bramcote Combined Diddy & BAGCAT Champs	Bramcote	Bramcote	4

Swims in Date Order

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1:05.10	409	F	13/05/23	Notts Sports Centre League 2023 - Division 1	Lammas	Radford	4
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1:03.81	434	H	05/03/23	The Dean Anscombe Open Meet 2023	Alfreton	Radford	3
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