

# Individual Best Times (All Time)

Kieran Howard - (875334) - Radford 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
2:32.32	490	H	12/10/22	Radford SC Club Championships 2022	Radford		4
2:33.15	482	H	16/07/23	Nottinghamshire A.S.A. Summer Gala 2023	Nottingham	Radford	3
2:33.35	481	H	04/12/21	Nottinghamshire ASA Festive Frenzy 2021	Nottingham	Radford	3
2:33.43	480	H	02/04/23	City of Leicester Age Group Meet 2023	Leicester	Radford	3
2:35.18	464	H	21/11/21	Major Oak Open Meet	Mansfield	Radford	3
2:35.31	463	H	18/10/23	Radford SC Club Championships & Time Trials 2023	Ken Martin	Radford	4
2:36.19	455	H	06/11/22	SE East Midlands Regional SC Championships 2022	Nottingham	Radford	2
2:37.48	444	H	07/11/21	East Midland Region Short Course Championships 21	Nottingham	Radford	2
2:37.62	443	F	07/11/21	East Midland Region Short Course Championships 21	Nottingham	Radford	2
2:38.02	439	F	06/11/22	SE East Midlands Regional SC Championships 2022	Nottingham	Radford	2
2:43.04	400	H	02/10/21	Radford SC Championships and Time Trial 2021	Hucknall		4
2:45.17	385	H	25/06/21	Radford S.C.	Radford	Radford	0
2:45.71	381	H	03/11/20	Radford SC	John Carroll	Radford	0
2:45.98	379	H	08/03/20	The 2020 Leicester Age Group Meet	Braunstone	Radford	3
2:56.89	313	F	07/09/19	Bramcote Combined Diddy and BAGCAT Champs 2019	Nottingham	Bramcote	4
3:01.23	291	H	16/12/18	Chesterfield Winter Open Championships	Matlock	Nova Cent'n	3
3:09.05	256	H	23/09/18	Derventio Excel 8th Short Course Open Meet	Matlock	Nova Cent'n	2
3:29.49	188	H	16/07/17	Nottinghamshire ASA Summer Gala 2017	Nottingham	Bramcote	3
3:32.41	181	H	01/10/17	Roebuck Level 3 Open meet	Walsall	Nova Cent'n	3
3:34.70	175	H	09/04/17	The 2017 Leicester Age Group Meet	Braunstone	Nova Cent'n	3
3:39.41	164	H	12/03/17	The Ernehale Open Meet	Nottingham	Bramcote	3
3:40.77	161	H	02/10/16	Leicester Penguins 2016 Open Meet	Braunstone	Nova Cent'n	3
3:47.05	148	F	10/09/16	Bramcote Combined Diddy & Bagcat Club Champs	Nottingham	Bramcote	4
4:03.52	120	H	10/04/16	The 2016 Leicester Age Group Meet	Braunstone	Bramcote	3
4:33.14	85	F	16/10/15	Bramcote Combined Diddy & BAGCAT Champs	Bramcote	Bramcote	4

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