

# Individual Best Times (All Time)

Emma Kennedy - (489438) - Larkhall Avondale ASC - 50 Breaststroke - Long 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
37.23	480	F	27/03/22	2022 SS West District LC Pre-SNAG Meet	Glasgow		1
37.85	457	H	07/05/16	2016 Best in the West Open Meet	Glasgow	Larkhall	1
37.86	456	H	27/05/16	East District Open & Grand Prix	Edinburgh	Larkhall	1
38.01	451	F	07/05/16	2016 Best in the West Open Meet	Glasgow	Larkhall	1
38.40	437	H	03/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride		2
38.43	436	F	03/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	Larkhall	2
38.47	435	H	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	Larkhall	1
38.78	425	H	04/02/17	2017 SASA West District Championships	East Kilbride	Larkhall	1
38.99	418	H	05/03/16	SASA West District LC AG Round 3	East Kilbride	Larkhall	1
39.16	412	H	17/01/15	SASA West District Grand Prix	Glasgow	Larkhall	1
39.21	411	H	05/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	Larkhall	2
39.24	410	H	06/04/14	Scottish Gas National Open Championships	Glasgow	Larkhall	1
39.38	406	H	17/02/18	2018 WD Long Course Championships - Round 2	Glasgow	Larkhall	1
39.40	405	H	10/05/15	SASA West District Championships	East Kilbride	Larkhall	1
39.58	399	H	28/06/15	Scottish National Open Championships	Glasgow	SLanarkshire	1
39.67	397	H	11/05/14	2014 SASA West District LC OAG Championship	East Kilbride	Larkhall	1
39.69	396	F	05/03/16	SASA West District LC AG Round 3	East Kilbride	Larkhall	1
39.75	394	H	30/05/15	East District Open with SASA Grand Prix	Edinburgh	Larkhall	1
39.87	391	F	27/04/18	East Kilbride Long Course Open Age Group Meet	Dollan Aqua Centre	Larkhall	1
40.89	362	H	15/06/13	Scottish Gas National Open Championships	Glasgow	Larkhall	1
41.37	350	H	12/05/13	Celtic Tri Nations 2013	East Kilbride	Larkhall	1
45.15	269	H	11/06/11	South Lanarkshire Meet	East Kilbride	Larkhall	2
48.22	221		29/05/10	West District Group 4	Glasgow	Larkhall	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
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37.23	480	F	27/03/22	2022 SS West District LC Pre-SNAG Meet	Glasgow		1
38.47	435	H	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	Larkhall	1
39.87	391	F	27/04/18	East Kilbride Long Course Open Age Group Meet	Dollan Aqua Centre	Larkhall	1
39.38	406	H	17/02/18	2018 WD Long Course Championships - Round 2	Glasgow	Larkhall	1
38.78	425	H	04/02/17	2017 SASA West District Championships	East Kilbride	Larkhall	1
38.43	436	F	03/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	Larkhall	2
38.40	437	H	03/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride		2
37.86	456	H	27/05/16	East District Open & Grand Prix	Edinburgh	Larkhall	1
38.01	451	F	07/05/16	2016 Best in the West Open Meet	Glasgow	Larkhall	1
37.85	457	H	07/05/16	2016 Best in the West Open Meet	Glasgow	Larkhall	1
39.69	396	F	05/03/16	SASA West District LC AG Round 3	East Kilbride	Larkhall	1
38.99	418	H	05/03/16	SASA West District LC AG Round 3	East Kilbride	Larkhall	1
39.58	399	H	28/06/15	Scottish National Open Championships	Glasgow	SLanarkshire	1
39.21	411	H	05/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	Larkhall	2
39.75	394	H	30/05/15	East District Open with SASA Grand Prix	Edinburgh	Larkhall	1
39.40	405	H	10/05/15	SASA West District Championships	East Kilbride	Larkhall	1
39.16	412	H	17/01/15	SASA West District Grand Prix	Glasgow	Larkhall	1
39.67	397	H	11/05/14	2014 SASA West District LC OAG Championship	East Kilbride	Larkhall	1
39.24	410	H	06/04/14	Scottish Gas National Open Championships	Glasgow	Larkhall	1
40.89	362	H	15/06/13	Scottish Gas National Open Championships	Glasgow	Larkhall	1
41.37	350	H	12/05/13	Celtic Tri Nations 2013	East Kilbride	Larkhall	1
45.15	269	H	11/06/11	South Lanarkshire Meet	East Kilbride	Larkhall	2
48.22	221		29/05/10	West District Group 4	Glasgow	Larkhall	1