

Individual Best Times (All Time)

Lara-Louise Gough - (873962) - Maidstone SC - 400 Individual Medley - 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 |
|---------|--------|-------|----------|---------------------------------------|----------------|-----------------|-------|
| 6:07.98 | 377 | H | 20/01/18 | Kent Swimming Championships 2018 | Crystal Palace | Maidstone SC | 1 |
| 6:29.44 | 318 | H | 19/07/14 | Basildon & Phoenix End of Season Meet | Basildon | | 3 |
| 7:10.76 | 235 | H | 29/06/13 | Rushmoor Royals Summer Festival | Aldershot | Maidstone SC | 3 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|---------------------------------------|----------------|-----------------|-------|
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