

# Individual Best Times (All Time)

Lara-Louise Gough - (873962) - Maidstone SC - 200 Freestyle - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:48.43	300	H	19/07/14	Basildon & Phoenix End of Season Meet	Basildon		3

## Swims in Date Order

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