

# Individual Best Times (All Time)

Lara-Louise Gough - (873962) - Maidstone SC - 400 Freestyle - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:44.46	319	H	20/07/14	Basildon & Phoenix End of Season Meet	Basildon		3

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