

Individual Best Times (All Time)

Lara-Louise Gough - (873962) - Maidstone SC - 200 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
3:05.49	407	H	16/04/17	BPSC Easter Meet 2017	Basildon	Maidstone SC	1
3:09.08	384	H	04/02/17	Kent Swimming Championships	Crystal Palace	Maidstone SC	1
3:12.58	364	H	07/02/16	Kent Swimming Championships 2016	Crystal Palace	Maidstone SC	1
3:12.78	363	H	04/02/18	Kent Swimming Championships 2018	Crystal Palace	Maidstone SC	1
3:16.21	344	H	14/06/14	ASA South East Region Age Group Championships	Crawley	Maidstone SC	1
3:22.60	312	H	10/05/14	Beckenham International Open Meet	London	Maidstone SC	1
3:27.43	291	H	19/07/14	Basildon & Phoenix End of Season Meet	Basildon		3
3:31.26	276	H	30/06/13	Rushmoor Royals Summer Festival	Aldershot	Maidstone SC	3

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