

Individual Best Times (All Time)

Emma Kennedy - (489438) - Larkhall Avondale ASC - 50 Freestyle - Short 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
28.47	522	F	06/02/22	2022 SS West District SC Champs	Tollcross,Glasgow		2
28.91	498	F	22/05/16	Alloa May Meet	Stirling	Larkhall	2
29.11	488	H	02/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	Larkhall	1
29.14	487	H	28/08/16	2016 SASA West District SR Champs	Glasgow		1
29.17	485	H	11/06/17	Cumbernauld Age Group & Senior Meet	Cumbernauld	Larkhall	2
29.26	481	H	27/08/17	2017 SS West District SC Sprints and Relay	Ayr	Larkhall	1
29.36	476	H	12/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	Larkhall	2
29.36	476	F	23/02/20	East Kilbridge SC Age Group Meet 2020	Larkhall	Larkhall	2
29.37	475	F	18/02/17	Carnegie Open Spring Age Group Meet 2017	Glenrothes	Larkhall	2
29.41	473	H	18/02/17	Carnegie Open Spring Age Group Meet 2017	Glenrothes		2
29.46	471	H	30/08/15	SASA West District SR Championships	Ayr	Larkhall	1
29.51	469	F	30/11/14	Cumbernauld Winter Open Meet	Cumbernauld	Larkhall	2
29.53	468	F	02/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	Larkhall	1
29.54	467	H	30/11/14	Cumbernauld Winter Open Meet	Cumbernauld	Larkhall	2
29.58	465	F	28/08/16	2016 SASA West District SR Champs	Glasgow	Larkhall	1
29.84	453	H	15/02/15	Sharks Open Meet	Bellshill	Larkhall	2
30.00	446	F	16/03/14	Cumbernauld Spring Graded Meet 2014	Tryst	Larkhall	2
30.06	443	H	06/09/14	2014 SASA West District SC SR Championships	Bellshill	Larkhall	2
30.14	440	F	25/10/14	Alloa Graded Meet 2014	Stirling	Larkhall	2
30.21	437	H	15/06/14	Cumbernauld Summer Open 2014	Cumbernauld	Larkhall	2
30.31	432	F	26/02/17	EKASC Accredited Time Trial 2017	Larkhall LC	Larkhall	2
30.53	423	H	14/06/14	Cumbernauld Summer Open 2014	Cumbernauld	Larkhall	2
30.64	419	H	16/02/14	Belshill Sharks Open Meet 2014	Belshill	Larkhall	2
30.74	415	H	16/03/14	Cumbernauld Spring Graded Meet 2014	Tryst	Larkhall	2
30.74	415	F	14/06/14	Cumbernauld Summer Open 2014	Cumbernauld	Larkhall	2
30.87	409	H	31/08/13	2013 SAS West District SC SR Champs	South Ayrshire	Larkhall	1
30.88	407	H	24/02/18	Cumbernauld Age Group Open & Senior Meet	Cumbernauld	Larkhall	2

30.92	407	H	24/03/13	Cumbernauld Age Group Open & Senior Meet	Cumbernauld	Larkhall	2
31.10	400	H	25/08/13	Cumbernauld Graded AG Autumn Meet	Cumbernauld	Larkhall	2
31.22	396	F	25/08/13	Cumbernauld Graded AG Autumn Meet	Cumbernauld	Larkhall	2
31.27	394	F	02/06/13	Rascals Graded Meet	Rutherglen	Larkhall	2
31.31	392	F	24/03/13	Cumbernauld Age Group Open & Senior Meet	Cumbernauld	Larkhall	2
31.47	386	F	08/06/13	Dumfries Open Meet	Dumfries	Larkhall	2
31.54	384	F	27/10/12	Alloa Graded Meet	Alloa	Larkhall	2
32.34	356		01/09/12	West District Group 5 Championships	Ayr	Larkhall	1
32.47	352	H	16/06/12	Cumbernauld SC Open Age Group Meet	Cumbernauld	Larkhall	2
32.59	348	H	17/03/12	Cumbernauld Open Age Group Meet	Cumbernauld	Larkhall	2
34.19	301	H	18/06/11	Cumbernauld Open Age Group Meet	Cumbernauld	Larkhall	2
34.24	300		03/09/11	SASA West District Group 5 Championships	Ayr	Larkhall	1

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29.36	476	F	23/02/20	East Kilbride SC Age Group Meet 2020	Larkhall	Larkhall	2
29.53	468	F	02/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	Larkhall	1
29.11	488	H	02/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	Larkhall	1
29.26	481	H	27/08/17	2017 SS West District SC Sprints and Relay	Ayr	Larkhall	1
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31.47	386	F	08/06/13	Dumfries Open Meet	Dumfries	Larkhall	2
31.27	394	F	02/06/13	Rascals Graded Meet	Rutherglen	Larkhall	2
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