

Individual Best Times (All Time)

Emma Kennedy - (489438) - Larkhall Avondale ASC - 100 Individual Medley - 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 |
|---------|--------|-------|----------|---|----------------|-----------------|-------|
| 1:13.46 | 455 | F | 22/10/17 | Alloa Graded Meet 2017 | Stirling | Larkhall | 2 |
| 1:13.82 | 448 | H | 02/09/18 | 2018 SS West District SC Sprints & Relay Champs | Tollcross | Larkhall | 1 |
| 1:14.01 | 445 | H | 27/08/17 | 2017 SS West District SC Sprints and Relay | Ayr | Larkhall | 1 |
| 1:15.39 | 421 | H | 30/08/15 | SASA West District SR Championships | Ayr | Larkhall | 1 |
| 1:15.79 | 414 | H | 28/08/16 | 2016 SASA West District SR Champs | Glasgow | Larkhall | 1 |
| 1:15.90 | 412 | F | 26/10/14 | Alloa Graded Meet 2014 | Stirling | Larkhall | 2 |
| 1:16.70 | 399 | F | 02/09/18 | 2018 SS West District SC Sprints & Relay Champs | Tollcross | Larkhall | 1 |
| 1:17.99 | 380 | H | 06/09/14 | 2014 SASA West District SC SR Championships | Bellshill | Larkhall | 2 |
| 1:20.73 | 342 | H | 31/08/13 | 2013 SAS West District SC SR Champs | South Ayrshire | Larkhall | 1 |
| 1:22.89 | 316 | F | 28/10/12 | Alloa Graded Meet | Alloa | Larkhall | 2 |
| 1:24.21 | 302 | | 01/09/12 | West District Group 5 Championships | Ayr | Larkhall | 1 |

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