

Individual Best Times (All Time)

Emma Kennedy - (489438) - Larkhall Avondale ASC - 200 Breaststroke - 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
2:58.22	430	F	28/11/15	Dumfries Advent Meet	Bellshill	Larkhall	2
2:58.63	427	F	27/04/14	2014 Dumfries ASC Graded Meet	Dumfries	Larkhall	2
2:58.63	427	F	01/11/15	SASA West District SAG Championships	Grangemouth	Larkhall	1
2:59.13	423	F	15/02/14	Belshill Sharks Open Meet 2014	Belshill	Larkhall	2
2:59.48	421	F	05/09/15	North Ayrshire Distance Meet	Stevenston	Larkhall	2
2:59.58	420	F	25/10/15	Alloa Graded Meet 2015	Alloa	Larkhall	2
2:59.88	418	F	29/10/17	2017 SS West District SC Senior Age Group	Grangemouth	Larkhall	1
3:00.53	414	F	23/10/16	Alloa Graded Meet	Stirling	Larkhall	2
3:03.10	396	F	14/02/15	Sharks Open Meet	Bellshill	Larkhall	2
3:03.49	394	F	29/10/14	South Lanarkshire Schools	Larkhall	Larkhall	2
3:03.67	393	F	04/05/13	North Ayrshire Junior Meet	Auchenharvie	Larkhall	2
3:03.97	391	F	30/10/16	2016 SASA West District SC SAG Championship	Glasgow	Larkhall	1
3:04.22	389	F	16/02/13	Bellshill Sharks ASC Open Meet	Bellshill	Larkhall	2
3:04.56	387	F	08/06/13	Dumfries Open Meet	Dumfries	Larkhall	2
3:04.78	386	F	30/08/14	North Ayrshire Distance Meet	Auchenharvie	Larkhall	2
3:05.47	381	F	02/06/13	Rascals Graded Meet	Rutherglen	Larkhall	2
3:05.99	378	F	28/10/12	Alloa Graded Meet	Alloa	Larkhall	2
3:06.06	378	F	26/10/14	Alloa Graded Meet 2014	Stirling	Larkhall	2
3:06.90	373	F	11/02/18	North Ayrshire's 200 Meet	Auchenharvie	Larkhall	2
3:07.31	370		18/11/12	2012 WD Short Course Championships JAG	Cumbernauld	Larkhall	1
3:07.60	369	F	03/11/13	SASA West District SC SAG	Dumfries	Larkhall	1
3:07.73	368	F	06/11/13	South Lanarkshire School Swimming Champs	Larkhall	Larkhall	2
3:08.82	361	F	30/11/14	Cumbernauld Winter Open Meet	Cumbernauld	Larkhall	2
3:11.19	348	F	16/06/12	Cumbernauld SC Open Age Group Meet	Cumbernauld	Larkhall	2
3:12.34	342		13/05/12	SASA West District Group 3 Championships	Dumfries	Larkhall	1
3:15.97	323	F	05/05/12	North Ayrshire Junior Meet	Auchenharvie	Larkhall	2
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3:20.32	211	F	10/06/11	Cumbernauld Open Age Group Meet	Cumbernauld	Larkhall	
3:32.81	252		21/11/10	West District Group 6	Grangemouth	Larkhall	1
3:36.08	241		16/05/10	West District Group 3	Dumfries	Larkhall	1

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