

Individual Best Times (All Time)

Lara-Louise Gough - (873962) - Maidstone SC - 50 Butterfly - 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
32.33	428		08/04/17	20eme Meeting International De La Vallee De l'Aa	Lumbres	Maidstone SC	2
32.45	424	H	17/10/17	Maidstone Swimming Club Championships 2017	Maidstone	Maidstone SC	4
32.46	423		03/04/16	19 eme Meeting International De La Vallee De LAa	Lumbres	Maidstone SC	2
32.82	409	H	08/04/18	Canterbury & Thanet Spring Regional Qualifier	Canterbury	Maidstone SC	3
32.91	406	H	18/10/16	Maidstone Club Championships 2016	Maidstone	Maidstone SC	4
32.91	406	H	01/04/17	City of Canterbury Thanet SCs Spring Reg Qual	Canterbury	Maidstone SC	3
33.01	402	H	21/04/18	M21eme meeting international	Lumbres	Maidstone SC	3
33.18	396	F	08/07/17	3rd Beachfield Summer Open	Gillingham	Maidstone SC	3
33.79	375	F	09/07/16	Beachfield 2nd Beachfield Summer Open	Gillingham	Maidstone SC	3
33.97	369	H	20/11/16	Maidstone L3 Licensed Open Meet 2016	Maidstone	Maidstone SC	3
34.08	366	H	16/10/18	Maidstone Swimming Club Championships 2018	Maidstone	Maidstone SC	4
34.54	351	H	26/11/16	Bexley Short Course Meet	Bexleyheath	Maidstone SC	3
34.80	343	H	15/11/15	Medway ASA Championships 2015	Gillingham		4
35.05	336	H	02/01/16	Dover and Canterbury (Jointly) Icebreaker 2016	Kent	Maidstone SC	3
35.58	321	H	20/10/15	Maidstone Club Championships	Maidstone		4
35.91	312	H	06/01/15	Maidstone Club Time Trials	Maidstone		4
36.30	302	F	26/04/14	Medway ASA Championships 2014	Gillingham	Maidstone SC	4
36.70	293	F	18/10/15	Bromley Autumn Gold Open Meet 2015	Beckenham	Maidstone SC	3
36.72	292	H	26/04/14	Medway ASA Championships 2014	Gillingham	Maidstone SC	4
37.07	284	H	29/11/15	Maidstone Level 3 Licensed Open Meet 2015	Maidstone		3
37.10	283	H	20/12/14	Thanet Swim Club Festive County Qualifier	Hartdown		3
37.14	282	H	16/12/14	Maidstone Club Championships 2014	Maidstone		4
37.19	281	H	23/09/14	Maidstone Club Championships	Maidstone		4
37.20	281	H	11/11/14	Maidstone Club Championships	Maidstone		4
37.26	280	F	08/11/14	NASLS2014 Round 2	Maidstone	Maidstone SC	3
37.49	275	F	11/07/15	Beachfield Swimming Squad Summer Open	Gillingham	Maidstone SC	3
37.53	274	F	07/04/14	City of Canterbury Sprint Open Gala	Canterbury	Maidstone SC	3

37.33	274	F	27/04/14	City of Canterbury Sprint Open Gala	Canterbury	Maidstone SC	3
37.57	273	H	03/01/15	Bexley Short Course Open Meet	Bexleyheath		3
37.80	268	F	13/12/14	NASL Round 3	Maidstone	Maidstone SC	3
37.98	264	F	12/07/14	Hastings Seagull Terry Fitzgerald Memorial Open	Hastings	Maidstone SC	3
38.10	262	F	11/10/14	National Swimming Arena South 2014 R 1	Crawley	Maidstone SC	3
38.20	259	F	18/10/14	Maidstone Club Championships	Maidstone		4
38.25	258	H	28/02/15	2015 Kent County Swimming Championships	Gillingham		2
38.49	254	H	04/01/14	Bexley Short Course Open Meet	Bexleyheath	Maidstone SC	3
38.51	253	H	16/11/13	Kent Junior League Division 2 Final	Dover	Maidstone SC	3
38.69	250	H	15/11/14	KJL Div1 Gala 1	Beckenham	Maidstone SC	3
39.03	243	F	19/10/13	Maidstone Club Championships 2013	Maidstone	Maidstone SC	4
39.07	242	H	24/11/13	Maidstone L3 Open Meet	Maidstone	Maidstone SC	3
39.20	240	H	17/05/14	Kent Junior League Division 1, Round 1	Margate	Maidstone SC	3
39.23	240	F	03/11/13	Erith & District SC Fireworks Weekend Open	Bexleyheath	Maidstone SC	3
39.92	227	H	01/03/14	BG Kent ASA Swimming Championships	Gillingham	Maidstone SC	2
40.10	224	H	04/05/14	Black Lion SC L3 Spring Open Meet 2014	Gillingham	Maidstone SC	3
40.18	223	H	29/09/13	Orpington Ojays Season Starter	Gillingham	Maidstone SC	3
40.19	223	F	06/07/13	Terry Fitzgerald Memorial Open Meet	Hastings	Maidstone SC	3
40.21	222	H	24/09/13	Maidstone Club Championships 2013	Maidstone	Maidstone SC	4
40.30	221	F	09/06/13	Cranleigh ASC Summer Open Meet	Cranleigh	Maidstone SC	3
40.32	221	H	11/01/14	Basildon & Phoenix Last Chance County	Basildon	Maidstone SC	3
40.38	220	F	28/04/13	Atlantis SC 2013 Spring Open Meet	Horsham	Maidstone SC	3
40.41	219	F	05/10/14	Bromley Autumn Gold Open Meet	London	Maidstone SC	3
40.58	216	H	05/01/13	Bexley SC Short Course Open Meet	Bexleyheath	Maidstone SC	3
40.61	216	H	12/11/13	Maidstone Club Championships	Maidstone	Maidstone SC	4
41.03	209	H	09/03/13	Kent County Championships	Gillingham	Maidstone SC	2
41.92	196		18/12/12	Maidstone SC Club Championships	Maidstone	Maidstone SC	4
42.26	192	F	29/12/12	City of Canterbury Christmas Open Meet	Canterbury	Maidstone SC	3
44.16	168		13/11/12	Maidstone SC Club Championships	Maidstone	Maidstone SC	4
46.09	148		25/09/12	Maidstone SC Club Championships	Maidstone	Maidstone SC	4
46.63	142		06/10/12	Maidstone SC Club Championships	Maidstone	Maidstone SC	4
47.08	138	H	22/04/12	Black Lion SC Level 3 Spring Open Meet	Gillingham	Maidstone SC	3

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