

# Individual Best Times (All Time)

Lara-Louise Gough - (873962) - Maidstone SC - 100 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
1:12.46	415	H	09/04/16	Medway ASA Championships 2016	Gillingham	Maidstone SC	4
1:12.58	412	F	09/04/16	Medway ASA Championships 2016	Gillingham	Maidstone SC	4
1:12.69	411	H	06/05/17	Medway ASA Championships 2017	Gillingham	Maidstone SC	4
1:12.72	410	F	06/05/17	Medway ASA Championships 2017	Gillingham	Maidstone SC	4
1:13.96	390		08/04/17	20eme Meeting International De La Vallee De l'Aa	Lumbres	Maidstone SC	2
1:13.97	390	H	14/09/17	Maidstone Swimming Club Championships 2017	Maidstone	Maidstone SC	4
1:14.25	385	H	01/04/17	Medway ASA Championships 2017	Maidstone	Maidstone SC	4
1:14.94	375	H	24/03/18	Medway ASA Championships 2018	Gillingham	Maidstone SC	4
1:14.98	374	F	12/11/16	NASLS Round 2	Crawley	Maidstone SC	3
1:15.37	368	F	23/09/17	Maidstone Swimming Club Championships 2017	Maidstone	Maidstone SC	4
1:15.63	365	F	08/10/16	NASL South	Canterbury		3
1:15.68	364	H	15/09/16	Maidstone Club Championships 2016	Maidstone	Maidstone SC	4
1:15.85	361	H	20/11/16	Maidstone L3 Licensed Open Meet 2016	Maidstone	Maidstone SC	3
1:16.37	354	F	10/12/16	NASLS - Round 3	Horsham	Maidstone SC	3
1:16.76	349	F	01/10/16	Maidstone Club Championships 2016	Maidstone	Maidstone SC	4
1:16.80	348	H	21/04/18	M21eme meeting international	Lumbres	Maidstone SC	3
1:17.76	335		03/04/16	19 eme Meeting International De La Vallee De LAa	Lumbres	Maidstone SC	2
1:18.91	321	F	08/07/17	3rd Beachfield Summer Open	Gillingham	Maidstone SC	3
1:19.26	317	F	09/07/16	Beachfield 2nd Beachfield Summer Open	Gillingham	Maidstone SC	3
1:19.52	314	H	02/01/16	Dover and Canterbury (Jointly) Icebreaker 2016	Kent	Maidstone SC	3
1:21.01	297	H	17/09/15	Maidstone Club Championships	Maidstone		4
1:21.68	289	H	05/12/15	Gravesend & Northfleet Open Meet 2015	Gillingham	Maidstone SC	3
1:21.80	288	F	20/12/15	Bromley Christmas Gold Open Meet 2015	Gillingham	Maidstone SC	3
1:22.15	284	F	07/02/15	Medway ASA Championships 2015	Gillingham		4
1:23.94	266	F	03/10/15	Maidstone Club Championships	Maidstone		4
1:24.31	263	H	29/11/15	Maidstone Level 3 Licensed Open Meet 2015	Maidstone		3
1:25.88	248	H	07/02/15	Medway ASA Championships 2015	Gillingham		4

1:23.89	249	H	07/02/15	Medway ASA Championships 2015	Gillingham		
1:26.58	243	H	25/10/14	Basildon & Phoenix Autumn Meet	Basildon		3
1:26.96	240	F	12/07/14	Hastings Seagull Terry Fitzgerald Memorial Open	Hastings	Maidstone SC	3
1:27.30	237	H	03/01/15	Bexley Short Course Open Meet	Bexleyheath		3
1:27.78	233	F	11/07/15	Beachfield Swimming Squad Summer Open	Gillingham	Maidstone SC	3
1:28.47	228	H	20/12/14	Thanet Swim Club Festive County Qualifier	Hartsdown		3
1:29.83	217	H	23/09/14	Maidstone Club Championships	Maidstone		4
1:31.32	207	H	04/05/14	Black Lion SC L3 Spring Open Meet 2014	Gillingham	Maidstone SC	3
1:32.51	199	F	30/11/13	Atlantis Christmas Cracker Open Meet	Horsham	Maidstone SC	3
1:36.54	175	H	11/01/14	Basildon & Phoenix Last Chance County	Basildon	Maidstone SC	3
1:37.38	170	F	06/07/13	Terry Fitzgerald Memorial Open Meet	Hastings	Maidstone SC	3
1:38.36	165	H	24/09/13	Maidstone Club Championships	Maidstone	Maidstone SC	4
1:44.00	140	H	05/05/13	Black Lion SC Level 3 Spring Open Meet	Gillingham	Maidstone SC	3
1:50.55	116		25/09/12	Maidstone SC Club Championships	Maidstone	Maidstone SC	4

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