

Individual Best Times (All Time)

Lara-Louise Gough - (873962) - Maidstone SC - 200 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
2:45.95	374	F	16/10/16	Bromley Autumn Gold Open Meet 2016	Beckenham	Maidstone SC	3
2:46.44	371	H	19/11/17	Medway ASA Championships 2017	Gillingham	Maidstone SC	4
2:47.69	362	H	18/10/16	Maidstone Club Championships 2016	Maidstone	Maidstone SC	4
2:50.03	348	H	17/10/17	Maidstone Swimming Club Championships 2017	Maidstone	Maidstone SC	4
3:01.91	284	F	20/12/15	Bromley Christmas Gold Open Meet 2015	Gillingham	Maidstone SC	3
3:04.72	271	H	13/01/15	Maidstone Club Time Trials	Maidstone		4
3:07.20	260	H	20/10/15	Maidstone Club Championships	Maidstone		4
3:07.62	259	F	18/10/15	Bromley Autumn Gold Open Meet 2015	Beckenham	Maidstone SC	3
3:08.19	256	H	05/12/15	Gravesend & Northfleet Open Meet 2015	Gillingham	Maidstone SC	3
3:10.25	248	H	10/01/15	Dover LG Club & City of Canterbury Icebreaker	Canterbury		3
3:11.68	242	H	06/01/15	Maidstone Club Time Trials	Maidstone		4
3:14.34	233	H	20/12/14	Thanet Swim Club Festive County Qualifier	Hartsdown		3
3:14.71	231	H	16/11/14	Medway ASA Championships 2014	Gillingham		4
3:14.73	231	H	16/12/14	Maidstone Club Championships 2014	Maidstone		4
3:14.79	231	H	25/10/14	Basildon & Phoenix Autumn Meet	Basildon		3
3:15.34	229	H	21/02/15	2015 Kent County Swimming Championships	Gillingham	Maidstone SC	2
3:15.80	227	F	27/04/14	City of Canterbury Sprint Open Gala	Canterbury	Maidstone SC	3
3:15.94	227	H	11/11/14	Maidstone Club Championships	Maidstone		4
3:29.90	185	H	12/11/13	Maidstone Club Championships	Maidstone	Maidstone SC	4

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