

Individual Best Times (All Time)

Lara-Louise Gough - (873962) - Maidstone SC - 50 Backstroke - 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
36.00	345	H	03/10/17	Maidstone Swimming Club Championships 2017	Maidstone	Maidstone SC	4
37.15	313	H	04/10/16	Maidstone Club Championships 2016	Maidstone	Maidstone SC	4
37.48	305	H	02/10/18	Maidstone Swimming Club Championships 2018	Maidstone	Maidstone SC	4
37.54	304	F	09/07/16	Beachfield 2nd Beachfield Summer Open	Gillingham	Maidstone SC	3
38.07	291	H	20/11/16	Maidstone L3 Licensed Open Meet 2016	Maidstone	Maidstone SC	3
38.29	286	H	06/12/16	Maidstone Club Championships 2016	Maidstone	Maidstone SC	4
38.95	272	H	06/10/15	Maidstone Club Championships	Maidstone		4
39.86	254	F	11/07/15	Beachfield Swimming Squad Summer Open	Gillingham	Maidstone SC	3
40.13	249	H	05/01/14	Bexley Short Course Open Meet	Bexleyheath	Maidstone SC	3
40.25	246	H	14/01/14	Maidstone Time Trials January 2014	Maidstone	Maidstone SC	4
40.40	244	H	16/11/14	Medway ASA Championships 2014	Gillingham		4
40.74	238	H	01/12/13	Gravesend & North Fleet Autumn Open Meet	Gillingham	Maidstone SC	3
41.15	231	F	29/12/13	City of Canterbury SC Christmas Open Gala	Canterbury	Maidstone SC	3
41.34	227	H	24/11/13	Maidstone L3 Open Meet	Maidstone	Maidstone SC	3
41.51	225	F	27/04/14	City of Canterbury Sprint Open Gala	Canterbury	Maidstone SC	3
41.60	223	H	14/10/14	Maidstone SC Club Championships 2014	Maidstone		4
41.65	222	H	15/10/13	Maidstone Club Championships 2013	Maidstone	Maidstone SC	4
41.81	220	F	05/10/14	Bromley Autumn Gold Open Meet	London	Maidstone SC	3
42.23	213	H	29/09/13	Orpington Ojays Season Starter	Gillingham	Maidstone SC	3
42.30	212	F	03/11/13	Erith & District SC Fireworks Weekend Open	Bexleyheath	Maidstone SC	3
42.32	212	F	28/04/13	Atlantis SC 2013 Spring Open Meet	Horsham	Maidstone SC	3
42.35	211	F	12/07/14	Hastings Seagull Terry Fitzgerald Memorial Open	Hastings	Maidstone SC	3
42.55	208	H	06/01/13	Bexley SC Short Course Open Meet	Bexleyheath	Maidstone SC	3
42.62	207	F	09/06/13	Cranleigh ASC Summer Open Meet	Cranleigh	Maidstone SC	3
43.61	194	H	04/05/13	Black Lion SC Level 3 Spring Open Meet	Gillingham	Maidstone SC	3
45.00	176	F	29/12/12	City of Canterbury Christmas Open Meet	Canterbury	Maidstone SC	3
45.08	175	F	18/09/13	Maidstone SC Club Championships	Maidstone	Maidstone SC	4

45.06	173		16/09/12	Maidstone SC Club Championships	Maidstone	Maidstone SC	4
45.82	167		16/10/12	Maidstone SC Club Championships	Maidstone	Maidstone SC	4
47.57	149		06/10/12	Maidstone SC Club Championships	Maidstone	Maidstone SC	4

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