

# Individual Best Times (All Time)

Lara-Louise Gough - (873962) - Maidstone SC - 100 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
1:15.77	380	H	05/06/18	Medway ASA Championships 2018	Gillingham	Maidstone SC	3
1:19.45	329	H	07/05/16	Medway ASA Championships 2016	Gillingham	Maidstone SC	4
1:19.74	326	H	07/09/17	Maidstone Swimming Club Championships 2017	Maidstone	Maidstone SC	4
1:20.09	321	H	07/10/17	Medway ASA Championships 2017	Maidstone	Maidstone SC	4
1:20.29	319	F	07/10/17	Medway ASA Championships 2017	Maidstone	Maidstone SC	4
1:20.37	318	H	08/09/16	Maidstone Club Championships 2016	Maidstone	Maidstone SC	4
1:23.47	284	F	01/10/16	Maidstone Club Championships 2016	Maidstone	Maidstone SC	4
1:25.40	265	H	10/09/15	Maidstone Club Championships	Maidstone		4
1:25.44	265	H	19/09/15	Medway ASA Championships 2015	Gillingham		4
1:25.47	264	H	29/11/15	Maidstone Level 3 Licensed Open Meet 2015	Maidstone		3
1:27.14	249	H	17/09/13	Maidstone Club Championships 2013	Maidstone	Maidstone SC	4
1:27.45	247	H	12/04/14	Medway ASA Championships 2014	Gillingham	Maidstone SC	4
1:27.46	247	F	12/04/14	Medway ASA Championships 2014	Gillingham	Maidstone SC	4
1:28.02	242	H	16/09/14	Maidstone Club Championships	Maidstone		4
1:28.17	241	F	18/10/14	Maidstone Club Championships	Maidstone		4
1:28.37	239	F	19/10/13	Maidstone Club Championships 2013	Maidstone	Maidstone SC	4
1:30.13	225	F	12/07/14	Hastings Seagull Terry Fitzgerald Memorial Open	Hastings	Maidstone SC	3
1:44.79	143		18/09/12	Maidstone SC Club Championships	Maidstone	Maidstone SC	4

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