

# Individual Best Times (All Time)

Lara-Louise Gough - (873962) - Maidstone SC - 200 Individual Medley - 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
2:42.37	422	H	17/02/18	Medway ASA Championships 2018	Gillingham	Maidstone SC	3
2:43.43	414	H	06/01/18	Dover & Canterbury Icebreaker 2018	Kent	Maidstone SC	3
2:44.28	408	H	19/09/17	Maidstone Club Championships 2017	Maidstone	Maidstone SC	4
2:44.69	405	H	20/09/16	Maidstone Club Championships 2016	Maidstone	Maidstone SC	4
2:45.00	402	H	07/01/17	Icebreaker 2017	Canterbury	Maidstone SC	3
2:49.47	371	H	26/11/16	Bexley Short Course Meet	Bexleyheath	Maidstone SC	3
2:58.50	318	H	01/12/13	Gravesend & North Fleet Autumn Open Meet	Gillingham	Maidstone SC	3
2:58.58	317	H	04/01/14	Bexley Short Course Open Meet	Bexleyheath	Maidstone SC	3
2:58.61	317	H	22/09/15	Maidstone Club Championships	Maidstone		4
2:59.40	313	F	27/04/14	City of Canterbury Sprint Open Gala	Canterbury	Maidstone SC	3
3:02.55	297	H	03/05/14	Black Lion SC L3 Spring Open Meet 2014	Gillingham	Maidstone SC	3
3:03.17	294	H	07/01/14	Maidstone Time Trials January 2014	Maidstone	Maidstone SC	4
3:04.92	286	H	12/01/14	Basildon & Phoenix Last Chance County	Basildon	Maidstone SC	3
3:06.29	279	H	30/09/14	Maidstone Club Championships	Maidstone		4
3:06.75	277	F	03/11/13	Erith & District SC Fireworks Weekend Open	Bexleyheath	Maidstone SC	3
3:06.80	277	F	30/11/13	Atlantis Christmas Cracker Open Meet	Horsham	Maidstone SC	3
3:07.41	274	F	12/07/14	Hastings Seagull Terry Fitzgerald Memorial Open	Hastings	Maidstone SC	3
3:09.05	267	H	01/10/13	Maidstone Club Championships 2013	Maidstone	Maidstone SC	4
3:10.61	261	H	20/10/13	Beckenham SC Rising Stars	Beckenham	Maidstone SC	3
3:12.26	254	F	09/06/13	Cranleigh ASC Summer Open Meet	Cranleigh	Maidstone SC	3
3:17.16	236	F	06/07/13	Terry Fitzgerald Memorial Open Meet	Hastings	Maidstone SC	3
3:53.32	142		02/10/12	Maidstone SC Club Championships	Maidstone	Maidstone SC	4

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:42.37	422	H	17/02/18	Medway ASA Championships 2018	Gillingham	Maidstone SC	3

2:43.43	414	H	06/01/18	Dover & Canterbury Icebreaker 2018	Kent	Maidstone SC	3
2:44.28	408	H	19/09/17	Maidstone Club Championships 2017	Maidstone	Maidstone SC	4
2:45.00	402	H	07/01/17	Icebreaker 2017	Canterbury	Maidstone SC	3
2:49.47	371	H	26/11/16	Bexley Short Course Meet	Bexleyheath	Maidstone SC	3
2:44.69	405	H	20/09/16	Maidstone Club Championships 2016	Maidstone	Maidstone SC	4
2:58.61	317	H	22/09/15	Maidstone Club Championships	Maidstone		4
3:06.29	279	H	30/09/14	Maidstone Club Championships	Maidstone		4
3:07.41	274	F	12/07/14	Hastings Seagull Terry Fitzgerald Memorial Open	Hastings	Maidstone SC	3
3:02.55	297	H	03/05/14	Black Lion SC L3 Spring Open Meet 2014	Gillingham	Maidstone SC	3
2:59.40	313	F	27/04/14	City of Canterbury Sprint Open Gala	Canterbury	Maidstone SC	3
3:04.92	286	H	12/01/14	Basildon & Phoenix Last Chance County	Basildon	Maidstone SC	3
3:03.17	294	H	07/01/14	Maidstone Time Trials January 2014	Maidstone	Maidstone SC	4
2:58.58	317	H	04/01/14	Bexley Short Course Open Meet	Bexleyheath	Maidstone SC	3
2:58.50	318	H	01/12/13	Gravesend & North Fleet Autumn Open Meet	Gillingham	Maidstone SC	3
3:06.80	277	F	30/11/13	Atlantis Christmas Cracker Open Meet	Horsham	Maidstone SC	3
3:06.75	277	F	03/11/13	Erith & District SC Fireworks Weekend Open	Bexleyheath	Maidstone SC	3
3:10.61	261	H	20/10/13	Beckenham SC Rising Stars	Beckenham	Maidstone SC	3
3:09.05	267	H	01/10/13	Maidstone Club Championships 2013	Maidstone	Maidstone SC	4
3:17.16	236	F	06/07/13	Terry Fitzgerald Memorial Open Meet	Hastings	Maidstone SC	3
3:12.26	254	F	09/06/13	Cranleigh ASC Summer Open Meet	Cranleigh	Maidstone SC	3
3:53.32	142		02/10/12	Maidstone SC Club Championships	Maidstone	Maidstone SC	4