

Individual Best Times (All Time)

Lara-Louise Gough - (873962) - Maidstone SC - 400 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
5:42.40	432	H	28/11/17	Maidstone Swimming Club Championships 2017	Maidstone	Maidstone SC	4
5:52.77	395	H	15/11/16	Maidstone Club Championships 2016	Maidstone	Maidstone SC	4
6:00.19	371	H	17/11/15	Maidstone Club Championships	Maidstone		4
6:27.89	297	H	25/11/14	Maidstone Club Championships	Maidstone		4
6:37.29	276	H	26/11/13	Maidstone Club Championships	Maidstone	Maidstone SC	4

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