

Individual Best Times (All Time)

Lara-Louise Gough - (873962) - Maidstone SC - 100 Freestyle - 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
1:05.42	453	F	18/02/17	Medway ASA Championships 2017	Gillingham	Maidstone SC	4
1:05.43	452	F	15/10/16	Medway ASA Championships 2016	Gillingham	Maidstone SC	4
1:05.91	443	H	18/02/17	Medway ASA Championships 2017	Gillingham	Maidstone SC	4
1:06.11	439	H	24/03/18	Medway ASA Championships 2018	Gillingham	Maidstone SC	4
1:06.28	435	H	08/12/17	Maidstone Club Championships 2017	Maidstone	Maidstone SC	4
1:06.29	435	H	05/09/17	Maidstone Swimming Club Championships 2017	Maidstone	Maidstone SC	4
1:06.68	427	H	15/10/16	Medway ASA Championships 2016	Gillingham	Maidstone SC	4
1:06.77	426	F	23/09/17	Maidstone Swimming Club Championships 2017	Maidstone	Maidstone SC	4
1:06.80	425	H	04/01/18	Maidstone Swimming Club Championships	Maidstone	Maidstone SC	4
1:06.98	422	F	01/10/16	Maidstone Club Championships 2016	Maidstone	Maidstone SC	4
1:07.14	419	H	07/01/18	Dover & Canterbury Icebreaker 2018	Kent	Maidstone SC	3
1:07.39	414	H	06/09/16	Maidstone Club Championships 2016	Maidstone	Maidstone SC	4
1:07.50	412	F	08/07/17	3rd Beachfield Summer Open	Gillingham	Maidstone SC	3
1:07.81	406	H	20/11/16	Maidstone L3 Licensed Open Meet 2016	Maidstone	Maidstone SC	3
1:07.98	403	H	04/09/18	Maidstone Swimming Club Championships 2018	Maidstone	Maidstone SC	4
1:08.56	393	F	22/09/18	Maidstone Swimming Club Championships 2018	Maidstone	Maidstone SC	4
1:08.85	388	F	09/07/16	Beachfield 2nd Beachfield Summer Open	Gillingham	Maidstone SC	3
1:09.05	385		08/04/17	20eme Meeting International De La Vallee De l'Aa	Lumbres	Maidstone SC	2
1:09.63	375	H	26/11/16	Bexley Short Course Meet	Bexleyheath	Maidstone SC	3
1:10.74	358		03/04/16	19 eme Meeting International De La Vallee De LAa	Lumbres	Maidstone SC	2
1:11.09	353	F	20/09/14	Medway ASA Championships 2014	Gillingham		4
1:11.35	349	H	08/09/15	Maidstone Club Championships	Maidstone		4
1:11.65	344	F	03/10/15	Maidstone Club Championships	Maidstone		4
1:11.93	340	F	04/04/15	Medway ASA Championships 2015	Gillingham		4
1:12.55	332	H	29/11/15	Maidstone Level 3 Licensed Open Meet 2015	Maidstone		3
1:12.72	329	H	11/09/14	Maidstone Club Championships	Maidstone		4
1:13.74	320	F	18/10/14	Maidstone Club Championships	Maidstone		4

1:12.74	329	F	10/10/14	Maidstone Club Championships	Maidstone		
1:12.81	328	H	20/09/14	Medway ASA Championships 2014	Gillingham		4
1:12.90	327	H	19/12/15	Basildon & Phoenix Last Chance County Qualifier	Basildon	Maidstone SC	3
1:13.05	325	H	04/04/15	Medway ASA Championships 2015	Gillingham		4
1:14.64	305	F	11/07/15	Beachfield Swimming Squad Summer Open	Gillingham	Maidstone SC	3
1:15.03	300	H	12/01/14	Basildon & Phoenix Last Chance County	Basildon	Maidstone SC	3
1:16.87	279	F	12/07/14	Hastings Seagull Terry Fitzgerald Memorial Open	Hastings	Maidstone SC	3
1:17.53	272	H	20/12/14	Thanet Swim Club Festive County Qualifier	Hartdown		3
1:17.56	271	H	04/05/14	Black Lion SC L3 Spring Open Meet 2014	Gillingham	Maidstone SC	3
1:18.29	264	H	12/09/13	Maidstone Club Championships 2013	Maidstone	Maidstone SC	4
1:18.29	264	H	04/01/14	Bexley Short Course Open Meet	Bexleyheath	Maidstone SC	3
1:19.16	255	F	03/11/13	Erith & District SC Fireworks Weekend Open	Bexleyheath	Maidstone SC	3
1:19.83	249	F	19/10/13	Maidstone Club Championships 2013	Maidstone	Maidstone SC	4
1:21.73	232	H	20/10/13	Beckenham SC Rising Stars	Beckenham	Maidstone SC	3
1:22.48	226	F	28/04/13	Atlantis SC 2013 Spring Open Meet	Horsham	Maidstone SC	3
1:35.97	143		13/09/12	Maidstone SC Club Championships	Maidstone	Maidstone SC	4

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