

Individual Best Times (All Time)

Lara-Louise Gough - (873962) - Maidstone SC - 200 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
2:23.51	454	H	01/12/17	Maidstone Club Championships 2017	Maidstone	Maidstone SC	4
2:24.19	447	H	07/01/18	Dover & Canterbury Icebreaker 2018	Kent	Maidstone SC	3
2:25.95	431	F	16/10/16	Bromley Autumn Gold Open Meet 2016	Beckenham	Maidstone SC	3
2:26.07	430	H	19/11/17	Medway ASA Championships 2017	Gillingham	Maidstone SC	4
2:26.41	427	H	13/11/16	Medway ASA Championships 2016	Gillingham	Maidstone SC	4
2:26.68	425	H	27/09/16	Maidstone Club Championships 2016	Maidstone	Maidstone SC	4
2:32.63	377	H	15/11/15	Medway ASA Championships 2015	Gillingham		4
2:34.37	364	H	29/09/15	Maidstone Club Championships	Maidstone		4
2:36.85	347	H	08/12/15	Maidstone Club Championships	Maidstone		4
2:42.81	311	H	07/10/14	Maidstone Club Championships	Maidstone		4
2:43.60	306	H	16/11/14	Medway ASA Championships 2014	Gillingham		4
2:43.67	306	H	25/10/14	Basildon & Phoenix Autumn Meet	Basildon		3
2:44.48	301	F	05/10/14	Bromley Autumn Gold Open Meet	London	Maidstone SC	3
2:44.52	301	H	04/01/15	Bexley Short Course Open Meet	Bexleyheath		3
2:45.14	298	H	03/05/14	Black Lion SC L3 Spring Open Meet 2014	Gillingham	Maidstone SC	3
2:46.49	290	F	27/04/14	City of Canterbury Sprint Open Gala	Canterbury	Maidstone SC	3
2:46.66	289	F	29/12/13	City of Canterbury SC Christmas Open Gala	Canterbury	Maidstone SC	3
2:58.58	235	H	08/10/13	Maidstone Club Championships 2013	Maidstone	Maidstone SC	4
3:12.48	188	H	06/01/13	Bexley SC Short Course Open Meet	Bexleyheath	Maidstone SC	3
3:17.66	173	F	29/12/12	City of Canterbury Christmas Open Meet	Canterbury	Maidstone SC	3
3:31.95	140		09/10/12	Maidstone SC Club Championships	Maidstone	Maidstone SC	4

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