

# Individual Best Times (All Time)

Lara-Louise Gough - (873962) - Maidstone SC - 200 Breaststroke - 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 |
|---------|--------|-------|----------|---|-------------|-----------------|-------|
| 3:01.91 | 404    | H     | 06/12/16 | Maidstone Club Championships 2016               | Maidstone   | Maidstone SC    | 4     |
| 3:01.96 | 404    | H     | 10/10/17 | Maidstone Swimming Club Championships 2017      | Maidstone   | Maidstone SC    | 4     |
| 3:03.13 | 396    | H     | 11/10/16 | Maidstone Club Championships 2016               | Maidstone   | Maidstone SC    | 4     |
| 3:03.15 | 396    | F     | 16/10/16 | Bromley Autumn Gold Open Meet 2016              | Beckenham   | Maidstone SC    | 3     |
| 3:03.41 | 394    | H     | 29/11/16 | Maidstone Club Championships 2016               | Maidstone   | Maidstone SC    | 4     |
| 3:04.77 | 386    | H     | 19/11/17 | Medway ASA Championships 2017                   | Gillingham  | Maidstone SC    | 4     |
| 3:05.62 | 381    | H     | 07/01/17 | Icebreaker 2017                                 | Canterbury  | Maidstone SC    | 3     |
| 3:05.68 | 380    | H     | 08/12/17 | Maidstone Club Championships 2017               | Maidstone   | Maidstone SC    | 4     |
| 3:07.18 | 371    | H     | 26/11/16 | Bexley Short Course Meet                        | Bexleyheath | Maidstone SC    | 3     |
| 3:11.66 | 346    | H     | 04/05/14 | Black Lion SC L3 Spring Open Meet 2014          | Gillingham  | Maidstone SC    | 3     |
| 3:12.38 | 342    | H     | 08/12/15 | Maidstone Club Championships                    | Maidstone   |                 | 4     |
| 3:12.65 | 340    | H     | 19/12/15 | Basildon & Phoenix Last Chance County Qualifier | Basildon    | Maidstone SC    | 3     |
| 3:12.78 | 340    | H     | 02/01/16 | Dover and Canterbury (Jointly) Icebreaker 2016  | Kent        | Maidstone SC    | 3     |
| 3:13.48 | 336    | H     | 15/11/15 | Medway ASA Championships 2015                   | Gillingham  |                 | 4     |
| 3:14.03 | 333    | H     | 13/10/15 | Maidstone Club Championships                    | Maidstone   |                 | 4     |
| 3:15.09 | 328    | H     | 05/12/15 | Gravesend & Northfleet Open Meet 2015           | Gillingham  | Maidstone SC    | 3     |
| 3:16.08 | 323    | F     | 20/12/15 | Bromley Christmas Gold Open Meet 2015           | Gillingham  | Maidstone SC    | 3     |
| 3:17.58 | 315    | F     | 18/10/15 | Bromley Autumn Gold Open Meet 2015              | Beckenham   | Maidstone SC    | 3     |
| 3:17.90 | 314    | F     | 27/04/14 | City of Canterbury Sprint Open Gala             | Canterbury  | Maidstone SC    | 3     |
| 3:18.78 | 310    | H     | 21/10/14 | Maidstone Club Championships                    | Maidstone   |                 | 3     |
| 3:19.36 | 307    | H     | 25/10/14 | Basildon & Phoenix Autumn Meet                  | Basildon    |                 | 3     |
| 3:19.85 | 305    | F     | 05/10/14 | Bromley Autumn Gold Open Meet                   | London      | Maidstone SC    | 3     |
| 3:22.44 | 293    | H     | 16/11/14 | Medway ASA Championships 2014                   | Gillingham  |                 | 4     |
| 3:23.27 | 290    | H     | 17/12/13 | Maidstone Club Championships                    | Maidstone   | Maidstone SC    | 4     |
| 3:25.10 | 282    | F     | 30/11/13 | Atlantis Christmas Cracker Open Meet            | Horsham     | Maidstone SC    | 3     |
| 3:26.43 | 277    | F     | 09/06/13 | Cranleigh ASC Summer Open Meet                  | Cranleigh   | Maidstone SC    | 3     |
| 3:27.18 | 274    | H     | 28/02/15 | 2015 Kent County Swimming Championships         | Gillingham  |                 | 3     |

|         |     |   |          |  |             |              |   |
|---------|-----|---|----------|--|-------------|--------------|---|
| 3:27.10 | 274 | H | 20/02/13 | 2013 Kent County Swimming Championships    | Gillingham  |              |   |
| 3:27.50 | 272 | H | 04/01/14 | Bexley Short Course Open Meet              | Bexleyheath | Maidstone SC | 3 |
| 3:27.65 | 272 | H | 22/10/13 | Maidstone Club Championships 2013          | Maidstone   | Maidstone SC | 4 |
| 3:28.28 | 269 | F | 02/11/13 | Erith & District SC Fireworks Weekend Open | Bexleyheath | Maidstone SC | 3 |
| 3:29.62 | 264 | F | 06/07/13 | Terry Fitzgerald Memorial Open Meet        | Hastings    | Maidstone SC | 3 |
| 3:29.93 | 263 | H | 11/01/14 | Basildon & Phoenix Last Chance County      | Basildon    | Maidstone SC | 3 |
| 3:36.74 | 239 |   | 08/01/13 | Maidstone SC Time Trials                   | Maidstone   | Maidstone SC | 4 |
| 3:38.32 | 234 | H | 16/03/13 | Kent County Championships                  | Gillingham  | Maidstone SC | 2 |
| 3:42.77 | 220 | H | 05/05/13 | Black Lion SC Level 3 Spring Open Meet     | Gillingham  | Maidstone SC | 3 |
| 3:45.38 | 212 | F | 29/12/12 | City of Canterbury Christmas Open Meet     | Canterbury  | Maidstone SC | 3 |
| 3:47.01 | 208 | H | 05/01/13 | Bexley SC Short Course Open Meet           | Bexleyheath | Maidstone SC | 3 |
| 4:02.49 | 170 |   | 23/10/12 | Maidstone SC Club Championships            | Maidstone   | Maidstone SC | 4 |

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| 3:19.85 | 305    | F     | 05/10/14 | Bromley Autumn Gold Open Meet                   | London      | Maidstone SC    | 3     |
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