

Individual Best Times (All Time)

Abby Grindley - (1152681) - Epping Forest Dist SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.94	35.50	282	21/09/14	Epping Forest District Club Championships	Loughton	ER4562	4
100 Freestyle	1:15.42	1:16.50	295	14/09/14	Epping Forest DSC Season Opener Gala 2014	Loughton	ER4460	3
200 Freestyle	2:44.21	2:46.30	303	16/11/14	Epping Forest District Club Championships	Loughton	ER4562	4
400 Freestyle	5:54.06	5:58.00	278	25/06/14	Epping Forest District Club Championships	Loughton	ER4562	4
50 Breaststroke	47.52	48.20	212	14/09/14	Epping Forest DSC Season Opener Gala 2014	Loughton	ER4460	3
100 Breaststroke	1:53.88	1:55.00	164	22/09/13	Epping Forest District SC Club Championships	Loughton	ER3558	4
50 Backstroke	41.70	42.20	222	19/10/14	Epping Forest District Club Championships	Loughton	ER4562	4
100 Backstroke	1:32.71	1:33.60	207	21/06/14	Harlow Penguins 3rd Eric Shepherd Open Meet	Harlow	ER4420	3
100 Individual Medley	1:30.81	1:30.80	240	14/09/14	Epping Forest DSC Season Opener Gala 2014	Loughton	ER4460	3