

# Individual Best Times (All Time)

Rose Compton - (1215210) - Epping Forest Dist SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.13	35.70	278	12/06/16	Epping Forest Club Championships	Loughton	ER161332	4
100 Freestyle	1:17.31	1:18.40	274	06/11/16	Epping Forest Club Championships	Loughton	ER161338	4
200 Freestyle	3:01.19	3:03.10	225	08/11/15	Epping Forest District SC 2015 Club Championships	Loughton	ER151118	4
400 Freestyle	6:21.74	6:25.40	222	24/06/15	Epping Forest District 2015 Club Championships	Loughton	ER151111	4
50 Breaststroke	46.91	47.60	221	25/03/17	LBR Regional Qualifying Meet March 2017	Fullwell Cross	LR170398	3
100 Breaststroke	1:44.21	1:45.40	214	27/09/15	Epping Forest District Season Opener 2015	Loughton	ER150888	3
200 Breaststroke	3:44.70	3:47.00	214	29/11/15	Epping Forest District SC	Loughton	ER151117	4
50 Butterfly	45.24	45.70	156	13/12/15	Epping Forest District 2015 Club Championships	Loughton	ER151119	4
50 Backstroke	46.54	47.00	159	13/12/15	Epping Forest District 2015 Club Championships	Loughton	ER151119	4
100 Individual Medley	1:36.58	1:36.60	200	19/06/16	Epping Forest Club Championships	Loughton	ER161332	4