

Individual Best Times (All Time)

Esha Cross - (1430586) - Epping Forest Dist SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.72	34.30	314	24/09/23	Epping Forest DSC Early County Qualifier 2023	Loughton	ER231402	4
100 Freestyle	1:14.98	1:16.10	301	04/12/22	Colchester Last Chance County Qualifier	Braintree	ER221322	3
200 Freestyle	2:44.55	2:46.70	301	23/03/24	Harlow & Bishops Stortford 2024 Regional Qualifier	Harlow	ER240144	3
50 Breaststroke	42.19	42.90	304	25/03/23	BBSC March Madness Regional Qualifier Open Meet 23	Braintree	ER230494	3
100 Breaststroke	1:36.85	1:38.10	266	01/10/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	LR231604	3
200 Breaststroke	3:25.88	3:28.40	279	03/12/22	Colchester Last Chance County Qualifier	Braintree	ER221322	3
50 Butterfly	38.39	38.90	256	18/05/24	Cheshunt SC May Anniversary Meet 2024	Harlow	ER240235	3
100 Butterfly	1:29.40	1:30.20	220	09/12/23	Harlow Penguins County Age Group Qualifying Meet	Harlow	ER231226	3
50 Backstroke	57.42	57.80	85	08/07/18	Epping Forest Internal Club Champs 2018	Loughton	ER181654	4
100 Backstroke	1:58.59	1:59.30	99	15/09/19	EFDCS Club Champs 2019	Loughton	ER191845	4
200 Backstroke	4:21.44	4:22.70	94	14/07/19	EFDCS Club Champs 2019	Loughton	ER191844	4
200 Individual Medley	3:04.59	3:06.70	287	25/03/23	BBSC March Madness Regional Qualifier Open Meet 23	Braintree	ER230494	3
100 Individual Medley	1:23.45	1:23.50	310	18/05/24	Cheshunt SC May Anniversary Meet 2024	Harlow	ER240235	3