

# Individual Best Times (All Time)

Samuel Fallahnia - (1671656) - Epping Forest Dist SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.72	39.30	141	18/05/24	Cheshunt SC May Anniversary Meet 2024	Harlow	ER240235	3
100 Freestyle	1:27.40	1:28.40	135	22/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
200 Freestyle	3:11.46	3:13.30	139	23/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
50 Breaststroke	56.28	56.80	87	22/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
100 Breaststroke	2:09.40	2:10.40	77	22/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
200 Breaststroke	4:39.61	4:41.50	79	23/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
50 Backstroke	43.99	44.40	126	23/03/24	Harlow & Bishops Stortford 2024 Regional Qualifier	Harlow	ER240144	3
100 Backstroke	1:35.08	1:35.90	131	18/05/24	Cheshunt SC May Anniversary Meet 2024	Harlow	ER240235	3
100 Individual Medley	1:46.16	1:46.20	100	22/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3