

Individual Best Times (All Time)

Aimee Giltane - (756855) - Epping Forest Dist SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	44.28	44.80	138	21/06/14	Harlow Penguins 3rd Eric Shepherd Open Meet	Harlow	ER4420	3
100 Freestyle	1:40.84	1:41.70	123	03/01/15	Epping Forest DSC Club Championships	Loughton	ER150471	4
200 Freestyle	4:06.19	4:07.60	89	13/11/13	Epping Forest District SC Club Championships	Loughton	ER3558	4
400 Freestyle	8:02.21	8:05.10	110	25/06/14	Epping Forest District Club Championships	Loughton	ER4562	4
50 Breaststroke	54.16	54.70	143	21/09/14	Epping Forest District Club Championships	Loughton	ER4562	4
100 Breaststroke	1:57.72	1:58.80	148	03/01/15	Epping Forest DSC Club Championships	Loughton	ER150471	4
200 Breaststroke	4:11.31	4:13.40	153	16/11/14	Epping Forest District Club Championships	Loughton	ER4562	4
50 Butterfly	59.32	59.60	69	19/10/14	Epping Forest District Club Championships	Loughton	ER4562	4
50 Backstroke	54.86	55.20	97	19/10/14	Epping Forest District Club Championships	Loughton	ER4562	4
200 Individual Medley	4:05.13	4:06.70	122	02/10/14	Epping Forest District Club Championships	Loughton	ER4562	4
100 Individual Medley	1:48.54	1:48.50	141	08/10/14	Epping Forest District Club Championships	Loughton	ER4562	4