

Individual Best Times (All Time)

Aaron McLaughlin - (798896) - Epping Forest Dist SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.22	32.90	244	14/03/15	Basildon & Phoenix SC Spring Time Trial Event	Basildon	ER150612	3
100 Freestyle	1:15.16	1:16.30	212	22/11/14	Harlow Penguins Winter Open Meet	Harlow	ER14724	3
200 Freestyle	2:42.45	2:44.60	228	16/11/14	Epping Forest District Club Championships	Loughton	ER4562	4
400 Freestyle	5:47.25	5:51.30	228	24/06/15	Epping Forest District 2015 Club Championships	Loughton	ER151111	4
50 Breaststroke	49.05	49.70	131	21/09/14	Epping Forest District Club Championships	Loughton	ER4562	4
100 Breaststroke	1:47.20	1:48.40	137	03/01/15	Epping Forest DSC Club Championships	Loughton	ER150471	4
50 Butterfly	46.28	46.70	103	19/10/14	Epping Forest District Club Championships	Loughton	ER4562	4
50 Backstroke	38.85	39.40	184	19/10/14	Epping Forest District Club Championships	Loughton	ER4562	4
100 Backstroke	1:22.96	1:23.90	197	14/03/15	Basildon & Phoenix SC Spring Time Trial Event	Basildon	ER150612	3
200 Backstroke	2:57.61	2:59.50	210	22/11/14	Harlow Penguins Winter Open Meet	Harlow	ER14724	3
200 Individual Medley	3:16.78	3:18.80	172	02/10/14	Epping Forest District Club Championships	Loughton	ER4562	4
100 Individual Medley	1:26.97	1:27.00	181	14/12/14	Epping Forest DSC Yuletide Gala	Loughton	ER4461	3