

Individual Best Times (All Time)

Emma Whitelegg - (798897) - Epping Forest Dist SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.53	38.10	228	21/09/14	Epping Forest District Club Championships	Loughton	ER4562	4
100 Freestyle	1:18.98	1:20.00	257	14/03/15	Basildon & Phoenix SC Spring Time Trial Event	Basildon	ER150612	3
200 Freestyle	2:59.59	3:01.50	231	13/11/13	Epping Forest District SC Club Championships	Loughton	ER3558	4
400 Freestyle	6:33.30	6:36.90	203	25/06/14	Epping Forest District Club Championships	Loughton	ER4562	4
50 Breaststroke	54.66	55.20	139	15/09/13	Epping Forest District SC Season Opener	Loughton	ER3669	3
100 Breaststroke	1:57.82	1:58.90	148	03/01/15	Epping Forest DSC Club Championships	Loughton	ER150471	4
200 Breaststroke	4:13.79	4:15.90	149	22/09/13	Epping Forest District SC Club Championships	Loughton	ER3558	4
50 Butterfly	46.92	47.30	140	06/04/13	BWFSC Secondary Age Group Meet 2013	Walthamstow	LR3255	3
100 Butterfly	1:50.36	1:51.00	117	15/12/13	Epping Forest District SC Yule Tide Gala	Loughton	ER3884	3
50 Backstroke	45.08	45.50	175	14/09/14	Epping Forest DSC Season Opener Gala 2014	Loughton	ER4460	3
100 Backstroke	1:38.01	1:38.80	175	22/10/14	Epping Forest District Club Championships	Loughton	ER4562	4
200 Backstroke	3:21.59	3:23.20	205	22/09/13	Epping Forest District SC Club Championships	Loughton	ER3558	4
200 Individual Medley	3:22.72	3:24.70	217	15/09/13	Epping Forest District SC Season Opener	Loughton	ER3669	3
100 Individual Medley	1:37.81	1:37.80	192	14/09/14	Epping Forest DSC Season Opener Gala 2014	Loughton	ER4460	3