

Individual Best Times (All Time)

Robert Whitelegg - (798898) - Epping Forest Dist SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.91	32.60	252	24/09/17	Epping Forest District Season Opener Gala 2017	Loughton	ER171252	3
100 Freestyle	1:10.05	1:11.20	262	07/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
200 Freestyle	2:38.18	2:40.40	247	24/09/17	Epping Forest District Season Opener Gala 2017	Loughton	ER171252	3
400 Freestyle	9:09.52	9:12.10	57	24/05/12	EFDSC Club Championships	Loughton	ER2404	4
1500 Freestyle	21:03.21	21:19.50	301	28/11/17	Epping Forest Internal Club Champs	Loughton	ER172208	4
50 Breaststroke	48.07	48.70	139	04/12/16	Epping Forest District Yuletide Gala 2016	Loughton	ER161713	3
100 Breaststroke	1:34.75	1:36.10	198	26/11/17	Epping Forest Internal Club Champs	Loughton	ER172207	4
200 Breaststroke	3:24.42	3:27.00	203	03/12/17	Epping Forest Internal Club Champs	Loughton	ER172209	4
50 Butterfly	43.99	44.40	120	04/12/16	Epping Forest District Yuletide Gala 2016	Loughton	ER161713	3
100 Butterfly	1:38.79	1:39.60	113	13/11/16	Epping Forest Club Championships	Loughton	ER161337	4
50 Backstroke	38.66	39.20	187	27/11/16	Braintree & Bocking SC Christmas Cracker Meet	Braintree	ER161704	3
100 Backstroke	1:20.25	1:21.20	218	03/12/17	Epping Forest Internal Club Champs	Loughton	ER172209	4
200 Backstroke	3:08.06	3:09.80	177	30/11/16	Epping Forest Club Championships	Loughton	ER161340	4
100 Individual Medley	1:22.55	1:22.60	212	26/11/17	Epping Forest Internal Club Champs	Loughton	ER172207	4