

Individual Best Times (All Time)

Dora Zhou - (800857) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.46	28.70	514	29/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1
100 Freestyle	1:04.74	1:03.40	509	28/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1
50 Butterfly	31.66	31.10	459	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3
100 Butterfly	1:36.06	1:35.30	192	03/02/13	Bishops Stortford SC 1st Long Course Open	Basildon	ER3078	3
50 Backstroke	32.47	31.80	566	28/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1
100 Backstroke	1:11.46	1:10.30	516	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
200 Individual Medley	3:07.99	3:05.90	301	03/02/13	Bishops Stortford SC 1st Long Course Open	Basildon	ER3078	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.69	29.40	510	08/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
100 Freestyle	1:02.67	1:04.00	515	10/10/17	Epping Forest Internal Club Champs	Loughton	ER172206	4
200 Freestyle	2:23.34	2:25.70	455	08/11/15	Epping Forest District SC 2015 Club Championships	Loughton	ER151118	4
400 Freestyle	5:06.29	5:10.80	430	11/09/16	Epping Forest Club Championships	Loughton	ER161336	4
50 Breaststroke	43.57	44.30	276	19/06/16	Epping Forest Club Championships	Loughton	ER161332	4
100 Breaststroke	1:31.45	1:32.80	317	06/11/16	Epping Forest Club Championships	Loughton	ER161338	4
200 Breaststroke	3:23.30	3:25.90	290	11/12/16	Epping Forest Club Championships	Loughton	ER161339	4
50 Butterfly	31.81	32.40	450	13/12/15	Epping Forest District 2015 Club Championships	Loughton	ER151119	4
100 Butterfly	1:29.50	1:30.30	220	24/05/12	EFDCS Club Championships	Loughton	ER2404	4
200 Butterfly	3:47.77	3:49.20	144	25/09/11	Epping Forest District SC Club Championshi	Loughton	ER1314	4
50 Backstroke	31.53	32.20	513	07/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
100 Backstroke	1:08.87	1:10.00	506	08/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
200 Backstroke	2:26.23	2:28.50	538	10/10/17	Epping Forest Internal Club Champs	Loughton	ER172206	4
200 Individual Medley	2:48.83	2:51.20	376	15/12/13	Epping Forest District SC Yule Tide Gala	Loughton	ER3884	3
400 Individual Medley	6:15.38	6:20.00	328	19/12/13	Epping Forest District SC Club Championships	Loughton	ER3558	4
100 Individual Medley	1:13.23	1:13.20	459	26/11/17	Epping Forest Internal Club Champs	Loughton	ER172207	4