

Individual Best Times (All Time)

Finlay Sergent - (872349) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.79	27.00	425	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Freestyle	1:01.54	1:00.20	441	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
200 Freestyle	2:40.80	2:38.60	255	03/02/13	Bishops Stortford SC 1st Long Course Open	Basildon	ER3078	3
400 Freestyle	4:49.29	4:44.40	440	20/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
50 Breaststroke	45.35	44.60	187	03/02/13	Bishops Stortford SC 1st Long Course Open	Basildon	ER3078	3
100 Backstroke	1:27.47	1:26.50	205	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	27.32	28.10	401	14/03/15	Basildon & Phoenix SC Spring Time Trial Event	Basildon	ER150612	3
100 Freestyle	59.15	1:00.50	435	22/11/15	Epping Forest District Club Championships	Loughton	ER151120	4
200 Freestyle	2:08.01	2:10.70	467	14/02/15	Essex County Age Group Championships 2015	Basildon	CC150045	2
400 Freestyle	4:35.03	4:40.10	459	31/01/15	Essex County Age Group Championships 2015	Southend	CC150044	2
1500 Freestyle	18:43.32	19:01.50	428	24/06/15	Epping Forest District 2015 Club Championships	Loughton	ER151111	4
50 Breaststroke	38.38	39.20	274	13/09/15	Epping Forest District SC 2015 Club Championships	Loughton	ER151113	4
100 Breaststroke	1:25.46	1:26.90	270	22/11/15	Epping Forest District Club Championships	Loughton	ER151120	4
200 Breaststroke	3:07.27	3:10.10	264	16/11/14	Epping Forest District Club Championships	Loughton	ER4562	4
50 Butterfly	33.51	34.10	273	13/12/15	Epping Forest District 2015 Club Championships	Loughton	ER151119	4
100 Butterfly	1:17.52	1:18.50	234	08/11/15	Epping Forest District SC 2015 Club Championships	Loughton	ER151118	4
50 Backstroke	33.36	34.00	291	20/06/15	Harlow Penguins 4th Eric Shepherd Open Meet	Harlow	ER150891	3
100 Backstroke	1:11.69	1:12.80	306	27/09/15	Epping Forest District Season Opener 2015	Loughton	ER150888	3
200 Backstroke	2:36.51	2:38.60	307	08/10/14	Epping Forest District Club Championships	Loughton	ER4562	4
200 Individual Medley	2:34.22	2:36.80	359	13/12/15	Epping Forest District 2015 Club Championships	Loughton	ER151119	4
100 Individual Medley	1:10.39	1:10.40	343	18/10/15	Epping Forest District SC 2015 Club Championships	Loughton	ER151115	4