

Individual Best Times (All Time)

Indee-Mae Ash - (872357) - Epping Forest Dist SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.60	37.20	245	21/06/14	Harlow Penguins 3rd Eric Shepherd Open Meet	Harlow	ER4420	3
100 Freestyle	1:21.25	1:22.30	236	03/01/15	Epping Forest DSC Club Championships	Loughton	ER150471	4
200 Freestyle	2:54.35	2:56.30	253	22/11/14	Harlow Penguins Winter Open Meet	Harlow	ER14724	3
400 Freestyle	6:10.70	6:14.50	242	25/06/14	Epping Forest District Club Championships	Loughton	ER4562	4
50 Breaststroke	51.10	51.70	171	21/09/14	Epping Forest District Club Championships	Loughton	ER4562	4
200 Breaststroke	3:54.24	3:56.50	189	16/11/14	Epping Forest District Club Championships	Loughton	ER4562	4
50 Butterfly	43.75	44.20	173	14/12/14	Epping Forest DSC Yuletide Gala	Loughton	ER4461	3
100 Butterfly	1:40.78	1:41.50	154	22/11/14	Harlow Penguins Winter Open Meet	Harlow	ER14724	3
50 Backstroke	43.09	43.60	201	14/12/14	Epping Forest DSC Yuletide Gala	Loughton	ER4461	3
100 Backstroke	1:33.46	1:34.30	202	22/10/14	Epping Forest District Club Championships	Loughton	ER4562	4
200 Backstroke	3:26.73	3:28.30	190	08/10/14	Epping Forest District Club Championships	Loughton	ER4562	4
200 Individual Medley	3:29.92	3:31.80	195	02/10/14	Epping Forest District Club Championships	Loughton	ER4562	4
100 Individual Medley	1:35.09	1:35.10	209	08/10/14	Epping Forest District Club Championships	Loughton	ER4562	4