

Individual Best Times (All Time)

Ganga Nair - (875339) - Epping Forest Dist SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	49.27	49.70	100	21/09/14	Epping Forest District Club Championships	Loughton	ER4562	4
100 Freestyle	1:42.08	1:42.90	119	03/01/15	Epping Forest DSC Club Championships	Loughton	ER150471	4
200 Freestyle	3:51.08	3:52.60	108	16/11/14	Epping Forest District Club Championships	Loughton	ER4562	4
400 Freestyle	7:35.02	7:38.10	131	24/06/15	Epping Forest District 2015 Club Championships	Loughton	ER151111	4
50 Breaststroke	1:09.79	1:10.20	67	21/09/14	Epping Forest District Club Championships	Loughton	ER4562	4
100 Breaststroke	2:23.62	2:24.50	81	03/01/15	Epping Forest DSC Club Championships	Loughton	ER150471	4
50 Backstroke	59.32	59.70	77	19/10/14	Epping Forest District Club Championships	Loughton	ER4562	4