

Individual Best Times (All Time)

Krishan Parmar - (906488) - Epping Forest Dist SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	43.19	43.70	101	13/09/15	Epping Forest District SC 2015 Club Championships	Loughton	ER151113	4
100 Freestyle	1:27.03	1:28.00	136	06/11/16	Epping Forest Club Championships	Loughton	ER161338	4
400 Freestyle	7:42.00	7:45.00	96	24/06/15	Epping Forest District 2015 Club Championships	Loughton	ER151111	4
50 Breaststroke	54.59	55.20	95	19/06/16	Epping Forest Club Championships	Loughton	ER161332	4
100 Breaststroke	1:53.43	1:54.50	115	06/11/16	Epping Forest Club Championships	Loughton	ER161338	4
50 Backstroke	47.72	48.10	99	19/06/16	Epping Forest Club Championships	Loughton	ER161332	4
200 Backstroke	4:00.95	4:02.30	84	18/10/15	Epping Forest District SC 2015 Club Championships	Loughton	ER151115	4
100 Individual Medley	1:52.55	1:52.60	83	18/10/15	Epping Forest District SC 2015 Club Championships	Loughton	ER151115	4