

# Individual Best Times (All Time)

Wil Tompkins - (906489) - Epping Forest Dist SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.56	38.10	154	05/07/15	Epping Forest District SC 3 Trees Gala (Internal)	Loughton	ER151122	4
100 Freestyle	1:21.33	1:22.40	167	22/11/15	Epping Forest District Club Championships	Loughton	ER151120	4
200 Freestyle	3:02.56	3:04.50	161	16/11/14	Epping Forest District Club Championships	Loughton	ER4562	4
400 Freestyle	6:21.27	6:24.90	172	24/06/15	Epping Forest District 2015 Club Championships	Loughton	ER151111	4
50 Breaststroke	49.00	49.60	132	13/09/15	Epping Forest District SC 2015 Club Championships	Loughton	ER151113	4
100 Breaststroke	1:51.90	1:53.00	120	22/11/15	Epping Forest District Club Championships	Loughton	ER151120	4
200 Breaststroke	4:00.40	4:02.60	124	29/11/15	Epping Forest District SC	Loughton	ER151117	4
50 Butterfly	55.09	55.40	61	22/09/13	Epping Forest District SC Club Championships	Loughton	ER3558	4
50 Backstroke	45.20	45.60	117	05/07/15	Epping Forest District SC 3 Trees Gala (Internal)	Loughton	ER151122	4
100 Backstroke	1:32.97	1:33.80	140	29/11/15	Epping Forest District SC	Loughton	ER151117	4
200 Backstroke	3:23.27	3:24.90	140	18/10/15	Epping Forest District SC 2015 Club Championships	Loughton	ER151115	4
200 Individual Medley	3:54.58	3:56.30	102	22/09/13	Epping Forest District SC Club Championships	Loughton	ER3558	4
100 Individual Medley	1:34.19	1:34.20	143	18/10/15	Epping Forest District SC 2015 Club Championships	Loughton	ER151115	4