

Individual Best Times (All Time)

Ria Anand - (916313) - Epping Forest Dist SC

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|---|----------------|----------|-------|
| 50 Freestyle | 37.11 | 37.70 | 235 | 18/12/16 | LBRSC Last Chance Qualifying Meet | Fullwell Cross | LR161365 | 3 |
| 100 Freestyle | 1:25.02 | 1:26.00 | 206 | 06/11/16 | Epping Forest Club Championships | Loughton | ER161338 | 4 |
| 200 Freestyle | 3:17.69 | 3:19.40 | 173 | 08/11/15 | Epping Forest District SC 2015 Club Championships | Loughton | ER151118 | 4 |
| 50 Breaststroke | 52.24 | 52.80 | 160 | 18/09/16 | Epping Forest District Season Opener 2016 | Loughton | ER161459 | 3 |
| 100 Breaststroke | 1:57.42 | 1:58.50 | 149 | 18/09/16 | Epping Forest District Season Opener 2016 | Loughton | ER161459 | 3 |
| 50 Butterfly | 43.98 | 44.40 | 170 | 04/12/16 | Epping Forest District Yuletide Gala 2016 | Loughton | ER161713 | 3 |
| 50 Backstroke | 40.83 | 41.30 | 236 | 18/12/16 | LBRSC Last Chance Qualifying Meet | Fullwell Cross | LR161365 | 3 |
| 100 Backstroke | 1:29.84 | 1:30.70 | 228 | 04/12/16 | Epping Forest District Yuletide Gala 2016 | Loughton | ER161713 | 3 |
| 200 Backstroke | 3:45.96 | 3:47.40 | 145 | 18/10/15 | Epping Forest District SC 2015 Club Championships | Loughton | ER151115 | 4 |
| 100 Individual Medley | 1:38.38 | 1:38.40 | 189 | 04/03/17 | Harlow Penguins 5th Junior Development Meet | Harlow | ER170420 | 3 |