

Individual Best Times (All Time)

Lukas Caci - (916330) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.20	27.50	407	20/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1
100 Freestyle	1:01.99	1:00.60	431	21/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1
200 Freestyle	2:33.69	2:31.40	292	07/05/16	BPSC Non Regional Qualifiers Gala	Basildon	ER160489	3
400 Freestyle	5:34.58	5:30.30	284	20/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
50 Breaststroke	49.62	49.00	143	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
50 Butterfly	30.48	29.90	390	21/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1
50 Backstroke	35.87	35.30	282	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Backstroke	1:23.60	1:22.60	235	24/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.26	30.00	327	07/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
100 Freestyle	1:00.43	1:01.80	408	14/04/19	HALSTEAD 10TH SHORT COURSE LICENSED MEET	Braintree	ER191303	3
200 Freestyle	2:25.54	2:27.90	318	18/11/17	Harlow Penguins 2017 Winter Open Meet	Harlow	ER172064	3
400 Freestyle	5:21.37	5:25.70	288	11/09/16	Epping Forest Club Championships	Loughton	ER161336	4
1500 Freestyle	26:34.55	26:47.50	149	09/07/14	Epping Forest District Club Championships	Loughton	ER4562	4
50 Breaststroke	41.52	42.30	216	08/07/18	Epping Forest Internal Club Champs 2018	Loughton	ER181654	4
100 Breaststroke	1:35.21	1:36.50	195	26/11/17	Epping Forest Internal Club Champs	Loughton	ER172207	4
200 Breaststroke	3:26.75	3:29.30	196	03/12/17	Epping Forest Internal Club Champs	Loughton	ER172209	4
50 Butterfly	30.36	31.00	367	14/04/19	HALSTEAD 10TH SHORT COURSE LICENSED MEET	Braintree	ER191303	3
100 Butterfly	1:23.97	1:24.90	184	18/09/16	Epping Forest District Season Opener 2016	Loughton	ER161459	3
50 Backstroke	34.48	35.10	263	08/07/18	Epping Forest Internal Club Champs 2018	Loughton	ER181654	4
100 Backstroke	1:11.00	1:12.10	315	14/04/19	HALSTEAD 10TH SHORT COURSE LICENSED MEET	Braintree	ER191303	3
200 Backstroke	2:50.96	2:52.90	235	10/10/17	Epping Forest Internal Club Champs	Loughton	ER172206	4
200 Individual Medley	2:51.93	2:54.20	259	07/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
400 Individual Medley	5:56.10	6:01.00	286	09/09/18	Epping Forest Internal Club Champs 2018	Loughton	ER181655	4
100 Individual Medley	1:20.66	1:20.70	228	26/11/17	Epping Forest Internal Club Champs	Loughton	ER172207	4