

# Individual Best Times (All Time)

Rachel Ha - (953798) - Epping Forest Dist SC - 200 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:20.01	523	H	14/04/18	N&EL L1 National Qualifying Meet	London	Epping For't	1
2:21.73	504	H	31/03/19	Team Luton March Open Meet	Luton	Epping For't	1
2:22.20	499	H	21/01/18	Essex Age Group Championships 2018	Basildon	Epping For't	1
2:22.91	492	H	28/10/17	Essex Senior Winter Championships 2017	Basildon	Epping For't	1
2:24.04	480	H	28/05/18	East Swimming Long Course Championships 2018	Luton	Epping For't	1
2:24.73	474	H	17/02/19	Essex Age Group Champs 2019	Basildon	Epping For't	1
2:28.06	442	H	16/02/20	Essex Age Group Championships 2020	Basildon	Epping For't	1
2:28.56	438	H	22/01/17	Essex Age Group Championships 2017	Basildon	Epping For't	1
2:28.56	438	H	22/01/17	Essex Age Group Championships	London	Epping For't	1
2:28.56	438	H	22/01/17	Essex Age Group Championships 2017	Basildon	Epping For't	1
2:38.70	359	H	07/05/16	BPSC Non Regional Qualifiers Gala	Basildon	Epping For't	3
2:38.82	358	H	24/01/16	Essex Age Group Championships 2016	Basildon	Epping For't	1
2:38.82	358	H	24/01/16	Essex Age Group Championships 2016	Basildon	Epping For't	1

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