

# Individual Best Times (All Time)

Rachel Ha - (953798) - Epping Forest Dist SC - 400 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
4:56.15	502	H	03/02/19	Essex Age Group Champs 2019	Basildon	Epping For't	1
4:57.97	492	H	17/02/18	Essex Age Group Championships 2018	Basildon	Epping For't	1
4:59.67	484	H	31/03/19	Team Luton March Open Meet	Luton	Epping For't	1
5:06.63	452	H	26/05/18	East Swimming Long Course Championships 2018	Luton	Epping For't	1

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