

Individual Best Times (All Time)

Amy Ash - (1116593) - Epping Forest Dist SC - 100 Breaststroke - Short 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
1:36.35	271	H	26/11/17	Epping Forest Internal Club Champs	Loughton	Epping For't	4
1:37.48	261	F	19/11/17	Enfield Swim Squad County Qualifier	Enfield	Epping For't	3
1:37.72	259	H	20/05/17	Cheshunt 50th Anniversary Open Meet	Harlow	Epping For't	3
1:38.30	255	H	24/09/17	Epping Forest District Season Opener Gala 2017	Loughton	Epping For't	3
1:40.01	242	F	26/03/17	LBR Regional Qualifying Meet March 2017	Fullwell Cross	Epping For't	3
1:40.61	238	F	18/12/16	LBRSC Last Chance Qualifying Meet	Fullwell Cross	Epping For't	3
1:45.59	205	H	06/11/16	Epping Forest Club Championships	Loughton	Epping For't	4
1:47.62	194	H	28/11/15	Harlow Penguins 4th Winter Open Meet	Harlow		3
1:48.69	188	F	22/11/15	Epping Forest District Club Championships	Loughton	Epping For't	4
1:49.19	186	F	20/12/15	LBRSC Last Chance County Qualifying Meet 2015	Fullwell Cross	Epping For't	3
1:49.65	183	H	14/03/15	Basildon & Phoenix SC Spring Time Trial Event	Basildon		3
1:55.64	156	H	20/06/15	Harlow Penguins 4th Eric Shepherd Open Meet	Harlow		3
1:57.29	150	H	22/11/14	Harlow Penguins Winter Open Meet	Harlow		3
1:58.27	146	F	14/12/14	Epping Forest DSC Yuletide Gala	Loughton	Epping For't	3
1:58.69	145		03/01/15	Epping Forest DSC Club Championships	Loughton	Epping For't	4

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