

Individual Best Times (All Time)

Lukas Caci - (916330) - Epping Forest Dist SC - 50 Backstroke - 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 |
|-------|--------|-------|----------|--|----------|-----------------|-------|
| 34.48 | 263 | H | 08/07/18 | Epping Forest Internal Club Champs 2018 | Loughton | Epping For't | 4 |
| 36.94 | 214 | H | 04/03/17 | Harlow Penguins 5th Junior Development Meet | Harlow | Epping For't | 3 |
| 37.24 | 209 | H | 11/06/17 | Epping Forest Three Trees Gala (club only) | Loughton | Epping For't | 4 |
| 37.86 | 199 | H | 19/06/16 | Epping Forest Club Championships | Loughton | Epping For't | 4 |
| 37.87 | 199 | H | 03/07/16 | Epping Forest SC Three Trees Gala | Loughton | Epping For't | 4 |
| 39.54 | 174 | H | 20/06/15 | Harlow Penguins 4th Eric Shepherd Open Meet | Harlow | | 3 |
| 39.77 | 171 | F | 13/12/15 | Epping Forest District 2015 Club Championships | Loughton | Epping For't | 4 |
| 40.48 | 162 | H | 17/01/15 | Essex County Age Group Championships 2015 | Basildon | | 2 |
| 42.91 | 136 | F | 08/11/14 | NASL London Rounds Division 1 & 2 | Basildon | Epping For't | 3 |
| 42.96 | 136 | F | 13/12/14 | NASL London Rounds Division 1&2 | Enfield | Epping For't | 3 |
| 43.20 | 134 | F | 11/10/14 | National Arena League London Div 1 & 2 | Luton | Epping For't | 3 |
| 44.27 | 124 | | 19/10/14 | Epping Forest District Club Championships | Loughton | Epping For't | 4 |
| 51.17 | 80 | | 22/09/13 | Epping Forest District SC Club Championships | Loughton | Epping For't | 4 |
| 54.53 | 66 | | 15/09/13 | Epping Forest District SC Season Opener | Loughton | Epping For't | 3 |

Swims in Date Order

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