

# Individual Best Times (All Time)

Rachel Ha - (953798) - Epping Forest Dist SC - 50 Freestyle - 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
29.68	461	F	17/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	Epping For't	3
29.78	456	F	25/03/18	Lon Bor of Redbridge Last Chance Regional Quals	Lon Bor of Redbridge	Epping For't	3
29.90	451	F	08/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	Epping For't	3
29.96	448	H	30/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	Epping For't	3
30.25	435	H	11/06/17	Epping Forest Three Trees Gala (club only)	Loughton	Epping For't	4
30.34	431	F	16/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	Epping For't	3
30.89	409	H	24/11/18	Harlow Penguins 2018 Winter Open Meet	Harlow	Epping For't	3
31.02	403	F	26/03/17	LBR Regional Qualifying Meet March 2017	Fullwell Cross	Epping For't	3
31.43	388	F	18/12/16	LBRSC Last Chance Qualifying Meet	Fullwell Cross	Epping For't	3
32.29	358	H	12/06/16	Epping Forest Club Championships	Loughton	Epping For't	4
32.43	353	F	27/03/16	LBRSC Last Chance Regional Meet 2016	Fullwell Cross	Epping For't	3
32.95	337	H	03/07/16	Epping Forest SC Three Trees Gala	Loughton	Epping For't	4
33.66	316	H	18/09/16	Epping Forest District Season Opener 2016	Loughton	Epping For't	3
35.02	280	F	13/09/15	Epping Forest District SC 2015 Club Championships	Loughton	Epping For't	4
35.26	275	F	27/09/15	Epping Forest District Season Opener 2015	Loughton	Epping For't	3
36.99	238	H	20/06/15	Harlow Penguins 4th Eric Shepherd Open Meet	Harlow		3
38.38	213		21/09/14	Epping Forest District Club Championships	Loughton	Epping For't	4
39.50	195		14/09/14	Epping Forest DSC Season Opener Gala 2014	Loughton	Epping For't	3
45.68	126		22/09/13	Epping Forest District SC Club Championships	Loughton	Epping For't	4

## Swims in Date Order

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