

Individual Best Times (All Time)

Rachel Ha - (953798) - Epping Forest Dist SC - 100 Butterfly - 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
1:09.22	476	F	12/10/19	NASL London Round 1	Braintree	Epping For't	3
1:09.33	473	F	08/12/18	The NASL - London - Rounds 2018 - Div 1 & 2	Westminster Lodge	Epping For't	3
1:09.40	472	F	14/12/19	NASL London Round 3	Barnet	Epping For't	3
1:09.44	471	F	12/10/19	NASL London Round 1	Braintree	Epping For't	3
1:09.86	463	H	11/11/18	Epping Forest Internal Club Champs 2018	Loughton	Epping For't	4
1:09.96	461	F	09/11/19	NASL London Round 2	Southbury	Epping For't	3
1:10.03	459	H	29/09/19	Epping Forest District Season Opener Gala	Loughton	Epping For't	3
1:10.19	456	F	15/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	Epping For't	3
1:10.23	455	F	14/12/19	NASL London Round 3	Barnet	Epping For't	3
1:10.25	455	H	24/11/18	Harlow Penguins 2018 Winter Open Meet	Harlow	Epping For't	3
1:10.62	448	H	16/06/18	Harlow Penguins 7th Eric Shepherd Open Meet	Harlow	Epping For't	3
1:11.11	439	F	10/11/18	The NASL - London - Rounds 2018 - Div 1 & 2	Borehamwood	Epping For't	3
1:11.68	428	F	09/11/19	NASL London Round 2	Southbury	Epping For't	3
1:12.08	421	H	18/11/17	Harlow Penguins 2017 Winter Open Meet	Harlow	Epping For't	3
1:12.22	419	F	07/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	Epping For't	3
1:14.30	384	H	24/09/17	Epping Forest District Season Opener Gala 2017	Loughton	Epping For't	3
1:14.86	376	F	25/03/17	LBR Regional Qualifying Meet March 2017	Fullwell Cross	Epping For't	3
1:14.86	376	H	02/04/17	Thurrock Essex & Regional Qualifier	Thurrock	Epping For't	3
1:17.67	336	H	27/11/16	Braintree & Bocking SC Christmas Cracker Meet	Braintree	Epping For't	3
1:18.22	329	H	04/12/16	Epping Forest District Yuletide Gala 2016	Loughton	Epping For't	3
1:18.77	323	H	13/11/16	Epping Forest Club Championships	Loughton	Epping For't	4
1:20.74	299	H	18/09/16	Epping Forest District Season Opener 2016	Loughton	Epping For't	3
1:28.06	231	F	19/12/15	LBRSC Last Chance County Qualifying Meet 2015	Fullwell Cross	Epping For't	3
1:28.43	228	F	06/12/15	Epping Forest District Yuletide Gala 2015	Loughton	Epping For't	3
1:35.34	182	H	20/06/15	Harlow Penguins 4th Eric Shepherd Open Meet	Harlow		3
1:37.18	172	H	12/07/15	City of Cambridge July Open	Cambridge		3
1:41.51	150	H	22/10/14	Epping Forest District Club Championships	Loughton	Epping For't	4

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