

Individual Best Times (All Time)

Rachel Ha - (953798) - 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
36.85	321	F	17/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	Epping For't	3
37.02	317	F	16/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	Epping For't	3
37.40	307	H	23/09/18	Epping Forest District Season Opener Gala 2018	Loughton	Epping For't	3
37.42	307	H	24/09/17	Epping Forest District Season Opener Gala 2017	Loughton	Epping For't	3
37.55	304	H	29/09/19	Epping Forest District Season Opener Gala	Loughton	Epping For't	3
38.19	289	H	07/12/19	Colchester County Qualifier	Braintree	Epping For't	3
39.05	270	H	11/06/17	Epping Forest Three Trees Gala (club only)	Loughton	Epping For't	4
40.84	236	H	03/07/16	Epping Forest SC Three Trees Gala	Loughton	Epping For't	4
41.07	232	H	19/06/16	Epping Forest Club Championships	Loughton	Epping For't	4
41.36	227	F	19/12/15	LBRSC Last Chance County Qualifying Meet 2015	Fullwell Cross	Epping For't	3
42.65	207	F	06/12/15	Epping Forest District Yuletide Gala 2015	Loughton	Epping For't	3
43.34	197	F	13/12/15	Epping Forest District 2015 Club Championships	Loughton	Epping For't	4
43.43	196	H	12/07/15	City of Cambridge July Open	Cambridge		3
43.90	190	H	20/06/15	Harlow Penguins 4th Eric Shepherd Open Meet	Harlow		3
44.91	177		19/10/14	Epping Forest District Club Championships	Loughton	Epping For't	4
45.73	168		14/09/14	Epping Forest DSC Season Opener Gala 2014	Loughton	Epping For't	3
49.29	134		22/09/13	Epping Forest District SC Club Championships	Loughton	Epping For't	4
50.84	122		15/12/13	Epping Forest District SC Yule Tide Gala	Loughton	Epping For't	3

Swims in Date Order

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37.40	307	H	23/09/18	Epping Forest District Season Opener Gala 2018	Loughton	Epping For't	3
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