Individual Best Times (All Time)

Rachel Ha - (953798) - Epping Forest Dist SC - 200 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 |
|---------|--------|-------|----------|---|----------|-----------------|-------|
| 2:48.20 | 353 | Н | 09/09/18 | Epping Forest Internal Club Champs 2018 | Loughton | Epping For't | 4 |
| 2:51.00 | 336 | Н | 10/10/17 | Epping Forest Internal Club Champs | Loughton | Epping For't | 4 |
| 3:24.09 | 197 | F | 18/10/15 | Epping Forest District SC 2015 Club Championships | Loughton | Epping For't | 4 |

Swims in Date Order

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