

Individual Best Times (All Time)

Rachel Ha - (953798) - Epping Forest Dist SC - 400 Individual Medley - 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
5:32.36	472	H	30/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	Epping For't	3
5:43.10	429	H	14/07/19	EFDSC Club Champs 2019	Loughton	Epping For't	4
5:45.95	419	H	09/09/18	Epping Forest Internal Club Champs 2018	Loughton	Epping For't	4
6:16.64	324	H	06/07/16	Epping Forest Club Championships	Loughton	Epping For't	4
7:33.06	186		03/01/15	Epping Forest DSC Club Championships	Loughton	Epping For't	4

Swims in Date Order

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