

Individual Best Times (All Time)

Rachel Ha - (953798) - Epping Forest Dist SC - 100 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
1:04.18	479	F	25/03/18	Lon Bor of Redbridge Last Chance Regional Quals	Lon Bor of Redbridge	Epping For't	3
1:04.56	471	H	10/10/17	Epping Forest Internal Club Champs	Loughton	Epping For't	4
1:04.58	471	H	30/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	Epping For't	3
1:04.80	466	F	08/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	Epping For't	3
1:05.34	454	H	18/11/17	Harlow Penguins 2017 Winter Open Meet	Harlow	Epping For't	3
1:05.41	453	H	14/07/19	EFDCS Club Champs 2019	Loughton	Epping For't	4
1:05.81	445	H	09/09/18	Epping Forest Internal Club Champs 2018	Loughton	Epping For't	4
1:06.21	437	H	24/09/17	Epping Forest District Season Opener Gala 2017	Loughton	Epping For't	3
1:06.35	434	H	24/11/18	Harlow Penguins 2018 Winter Open Meet	Harlow	Epping For't	3
1:07.92	404	F	26/03/17	LBR Regional Qualifying Meet March 2017	Fullwell Cross	Epping For't	3
1:08.63	392	F	18/12/16	LBRSC Last Chance Qualifying Meet	Fullwell Cross	Epping For't	3
1:09.58	376	H	06/11/16	Epping Forest Club Championships	Loughton	Epping For't	4
1:11.57	346	H	18/09/16	Epping Forest District Season Opener 2016	Loughton	Epping For't	3
1:11.81	342	F	27/03/16	LBRSC Last Chance Regional Meet 2016	Fullwell Cross	Epping For't	3
1:13.47	319	F	22/11/15	Epping Forest District Club Championships	Loughton	Epping For't	4
1:15.72	292	F	06/12/15	Epping Forest District Yuletide Gala 2015	Loughton	Epping For't	3
1:16.66	281	F	27/09/15	Epping Forest District Season Opener 2015	Loughton	Epping For't	3
1:18.13	266	H	12/07/15	City of Cambridge July Open	Cambridge		3
1:18.72	260	H	12/04/15	Halstead 6th Short Course Open Meet	Braintree		3
1:22.87	222		03/01/15	Epping Forest DSC Club Championships	Loughton	Epping For't	4

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