

Individual Best Times (All Time)

Rachel Ha - (953798) - Epping Forest Dist SC - 200 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
2:17.34	518	H	16/06/18	Harlow Penguins 7th Eric Shepherd Open Meet	Harlow	Epping For't	3
2:18.45	505	F	16/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	Epping For't	3
2:19.53	494	H	18/11/17	Harlow Penguins 2017 Winter Open Meet	Harlow	Epping For't	3
2:19.57	493	H	07/12/19	Colchester County Qualifier	Braintree	Epping For't	3
2:20.29	486	F	25/03/18	Lon Bor of Redbridge Last Chance Regional Quals	Lon Bor of Redbridge	Epping For't	3
2:21.17	477	H	11/11/18	Epping Forest Internal Club Champs 2018	Loughton	Epping For't	4
2:23.43	454	H	24/09/17	Epping Forest District Season Opener Gala 2017	Loughton	Epping For't	3
2:31.38	386	H	13/11/16	Epping Forest Club Championships	Loughton	Epping For't	4
2:31.50	386	H	18/09/16	Epping Forest District Season Opener 2016	Loughton	Epping For't	3
2:40.75	323	F	08/11/15	Epping Forest District SC 2015 Club Championships	Loughton	Epping For't	4
2:47.09	287	H	12/07/15	City of Cambridge July Open	Cambridge		3
2:49.13	277	F	27/09/15	Epping Forest District Season Opener 2015	Loughton	Epping For't	3
2:51.71	265	H	20/06/15	Harlow Penguins 4th Eric Shepherd Open Meet	Harlow		3
2:56.02	246	H	15/02/15	Essex County Age Group Championships 2015	Basildon		2
2:59.79	230		16/11/14	Epping Forest District Club Championships	Loughton	Epping For't	4
3:06.65	206		14/09/14	Epping Forest DSC Season Opener Gala 2014	Loughton	Epping For't	3
3:42.50	121		15/12/13	Epping Forest District SC Yule Tide Gala	Loughton	Epping For't	3

Swims in Date Order

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