

Individual Best Times (All Time)

Rachel Ha - (953798) - Epping Forest Dist SC - 50 Breaststroke - 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
42.36	300	F	07/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	Epping For't	3
42.74	292	H	11/06/17	Epping Forest Three Trees Gala (club only)	Loughton	Epping For't	4
42.93	288	H	17/11/17	Harlow Penguins 2017 Winter Open Meet	Harlow	Epping For't	3
44.58	257	H	04/12/16	Epping Forest District Yuletide Gala 2016	Loughton	Epping For't	3
45.45	243	H	19/06/16	Epping Forest Club Championships	Loughton	Epping For't	4
45.65	240	H	23/09/18	Epping Forest District Season Opener Gala 2018	Loughton	Epping For't	3
46.60	225	H	03/07/16	Epping Forest SC Three Trees Gala	Loughton	Epping For't	4
47.27	216	F	27/09/15	Epping Forest District Season Opener 2015	Loughton	Epping For't	3
47.30	215	F	06/12/15	Epping Forest District Yuletide Gala 2015	Loughton	Epping For't	3
47.74	209	H	12/07/15	City of Cambridge July Open	Cambridge		3
47.79	209	F	13/09/15	Epping Forest District SC 2015 Club Championships	Loughton	Epping For't	4
50.78	174		14/09/14	Epping Forest DSC Season Opener Gala 2014	Loughton	Epping For't	3
53.44	149		21/09/14	Epping Forest District Club Championships	Loughton	Epping For't	4
56.94	123		15/12/13	Epping Forest District SC Yule Tide Gala	Loughton	Epping For't	3
59.08	110		22/09/13	Epping Forest District SC Club Championships	Loughton	Epping For't	4

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