

Individual Best Times (All Time)

Mia Allin - (1655152) - Epping Forest Dist SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.58	36.20	267	07/10/23	Hatfield SC Regional Qualifier Oct 2023	Hatfield	ER231213	3
100 Freestyle	1:17.19	1:18.30	275	02/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford	LR231002	3
200 Freestyle	2:53.24	2:55.20	258	09/12/23	Harlow Penguins County Age Group Qualifying Meet	Harlow	ER231226	3
400 Freestyle	6:03.98	6:07.80	256	09/12/23	Harlow Penguins County Age Group Qualifying Meet	Harlow	ER231226	3
800 Freestyle	12:35.01	12:42.70	252	21/10/23	Romford TSC Long Distance County Qualifier Meet	Romford	LR232110	3
50 Breaststroke	48.60	49.20	198	02/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford	LR231002	3
100 Breaststroke	1:48.70	1:49.90	188	01/07/23	Romford Town SC End of Season Meet 2023	Basildon	LR231136	3
200 Breaststroke	3:45.31	3:47.70	213	01/10/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	LR231604	3
50 Butterfly	42.14	42.60	193	09/12/23	Harlow Penguins County Age Group Qualifying Meet	Harlow	ER231226	3
100 Butterfly	1:41.74	1:42.50	149	30/09/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	LR231604	3
50 Backstroke	43.48	43.90	195	02/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford	LR231002	3
100 Backstroke	1:32.07	1:32.90	211	09/12/23	Harlow Penguins County Age Group Qualifying Meet	Harlow	ER231226	3
200 Backstroke	3:12.98	3:14.70	234	01/10/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	LR231604	3
200 Individual Medley	3:17.00	3:19.00	236	01/10/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	LR231604	3
100 Individual Medley	1:31.53	1:31.50	235	08/10/23	Hatfield SC Regional Qualifier Oct 2023	Hatfield	ER231213	3