

Individual Best Times (All Time)

Mark Rigo - (1311358) - Newham & University of East Lond

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.15	25.30	511	02/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1
100 Freestyle	57.82	56.40	532	30/04/23	SE London Summer Championships 2023	Stratford	LR230510	1
200 Freestyle	2:10.19	2:07.50	480	02/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1
50 Breaststroke	33.17	32.20	478	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
100 Breaststroke	1:18.31	1:16.70	383	08/04/23	Crawley Spring L1 Open Meet LC 2023	Crawley	SE230532	1
200 Breaststroke	3:17.78	3:15.10	255	27/07/19	NUEL Non National Qualifiers Meet 2019	London Aquatic	LR191609	3
50 Butterfly	28.83	28.20	460	08/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3
50 Backstroke	30.05	29.40	481	01/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1
100 Backstroke	1:04.15	1:02.90	520	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
200 Backstroke	2:19.76	2:17.40	513	12/03/23	Putteridge SC Spring LC National Qualifier 2023	Luton	ER230013	1
200 Individual Medley	2:26.69	2:24.00	469	30/04/23	SE London Summer Championships 2023	Stratford	LR230510	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.18	26.00	513	18/11/23	Swim England Essex Winter Championships 2023	Basildon	ER231482	2
100 Freestyle	55.98	57.50	513	13/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	LR240535	3
200 Freestyle	2:04.44	2:07.20	509	04/12/22	Newham & UoL SC Late County Qualifier Open Meet 22	London	LR222356	3
400 Freestyle	4:53.55	4:58.30	378	27/01/24	Romford Town Non County Qualifier Meet 2024	Romford	LR240216	3
50 Breaststroke	32.24	33.20	463	25/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
100 Breaststroke	1:14.26	1:15.90	412	14/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	LR240535	3
200 Breaststroke	3:08.92	3:11.70	257	27/04/19	RTSC Non- Regional Qualifiers Meet	Romford	LR191251	3
50 Butterfly	27.95	28.60	471	02/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford	LR231002	3
100 Butterfly	1:07.40	1:08.50	356	28/01/24	Romford Town Non County Qualifier Meet 2024	Romford	LR240216	3
50 Backstroke	28.95	29.60	445	03/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford	LR231002	3
100 Backstroke	1:00.72	1:02.00	504	19/11/23	Swim England Essex Winter Championships 2023	Basildon	ER231482	2
200 Backstroke	2:13.46	2:15.90	495	02/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford	LR231002	3
200 Individual Medley	2:20.36	2:23.10	476	25/02/23	Essex Age Group County Championships 2023	Basildon	ER230023	2
100 Individual Medley	1:02.82	1:02.80	482	03/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford	LR231002	3