

# Individual Best Times (All Time)

Mark Rigo - (1311358) - Newham & University of East Lond - 50 Backstroke - Long 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
30.05	481	F	01/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford		1
30.21	473	H	11/05/24	Romford Last Chance L1 National Qualifier Meet 24	Crawley	Bo Newham	1
30.27	470	H	29/04/23	SE London Summer Championships 2023	Stratford		1
30.40	464	F	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	Bo Newham	1
30.62	454	H	12/03/23	Putteridge SC Spring LC National Qualifier 2023	Luton	Bo Newham	1
30.91	442	F	09/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford		3
31.05	436	F	09/04/23	Crawley Spring L1 Open Meet LC 2023	Crawley		1
31.12	433	F	07/05/22	NUEL SC National Qualifier Open Meet 2022	Stratford		1
31.21	429	H	01/05/22	SE London Summer Championships 2022	Stratford		1
31.87	403	F	22/01/22	Swim England Essex Age Group Championships 2022	London	Romford Town	1
31.97	399	F	25/09/22	Gators Early Season County Qualifier	London		3
32.07	395	H	22/01/22	Swim England Essex Age Group Championships 2022	London	Romford Town	1
33.50	347	H	01/02/20	Essex Age Group Championships 2020	London	Romford Town	1
33.80	338	H	15/12/19	RTSC Christmas Cracker	Stratford	Romford Town	3
34.28	324	H	13/04/19	Newham & East London L1 National Qualifying Meet	London	Romford Town	1
34.72	312	F	28/07/19	NUEL Non National Qualifiers Meet 2019	London Aquatic	Romford Town	3
34.99	304	H	12/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Romford Town	1
35.03	303	F	18/01/20	C. o. C. Welsh Capital Open Meet 2020	Cardiff	Romford Town	1
36.03	279	H	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	Romford Town	1
37.45	248	H	24/11/18	RTSC Early County Qualifiers 2018	London	Romford Town	3
42.57	169	H	04/02/17	Essex Age Group Championships	London	Epping For't	1
42.57	169	H	04/02/17	Essex Age Group Championships 2017	Basildon	Epping For't	1

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