

Individual Best Times (All Time)

Mark Rigo - (1311358) - Newham & University of East Lond - 100 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
1:04.15	520	F	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	Bo Newham	1
1:04.18	519	H	06/05/24	SE London Region Summer Championships 2024	London		1
1:04.49	512	F	02/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford		1
1:04.55	510	H	23/04/23	SE London Summer Championships 2023	Crawley		1
1:05.20	495	H	11/03/23	Putteridge SC Spring LC National Qualifier 2023	Luton	Bo Newham	1
1:05.31	493	F	08/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford		3
1:06.53	466	F	08/05/22	NUEL SC National Qualifier Open Meet 2022	Stratford		1
1:07.01	456	H	30/04/22	SE London Summer Championships 2022	Stratford		1
1:07.55	445	F	25/09/22	Gators Early Season County Qualifier	London		3
1:08.03	436	F	30/04/22	SE London Summer Championships 2022	Stratford		1
1:12.05	367	F	19/01/20	C. o. C. Welsh Capital Open Meet 2020	Cardiff	Romford Town	1
1:13.97	339	F	27/07/19	NUEL Non National Qualifiers Meet 2019	London Aquatic	Romford Town	3
1:15.16	323	H	14/04/19	Newham & East London L1 National Qualifying Meet	London	Romford Town	1
1:19.50	273	H	24/11/18	RTSC Early County Qualifiers 2018	London	Romford Town	3

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