

Individual Best Times (All Time)

Mark Rigo - (1311358) - Newham & University of East Lond - 100 Breaststroke - 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
1:18.31	383	F	08/04/23	Crawley Spring L1 Open Meet LC 2023	Crawley		1
1:18.77	376	H	01/05/22	SE London Summer Championships 2022	Stratford		1
1:19.30	369	F	07/05/22	NUEL SC National Qualifier Open Meet 2022	Stratford		1
1:27.22	277	F	27/07/19	NUEL Non National Qualifiers Meet 2019	London Aquatic	Romford Town	3
1:27.48	274	H	18/05/19	London 2019 Long Course Summer Championships	Crystal Palace	Romford Town	1
1:27.84	271	F	18/01/20	C. o. C. Welsh Capital Open Meet 2020	Cardiff	Romford Town	1
1:28.58	264	H	13/04/19	Newham & East London L1 National Qualifying Meet	London	Romford Town	1
1:34.58	217	H	24/11/18	RTSC Early County Qualifiers 2018	London	Romford Town	3

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