

Individual Best Times (All Time)

Rupert Knox - (1497986) - Haslemere Swimming Club - 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 |
|-------|--------|-------|----------|--|------------|-----------------|-------|
| 39.82 | 206 | H | 16/03/24 | Bracknell & Wokingham Regional Qualifier Meet 2024 | Aldershot | Haslemere | 3 |
| 40.79 | 192 | F | 16/03/24 | Bracknell & Wokingham Regional Qualifier Meet 2024 | Aldershot | Haslemere | 3 |
| 41.32 | 185 | F | 25/03/23 | Rushmoor Royals SC Spring Open Meet 2023 | Aldershot | | 3 |
| 42.14 | 174 | H | 04/02/23 | Surrey County Age Group Championships 2023 | Guildford | | 1 |
| 42.14 | 174 | F | 25/11/23 | Rushmoor Royals Winter L3 LC Open Meet 2023 | Aldershot | | 3 |
| 42.69 | 167 | F | 15/07/23 | Rushmoor Royals End of Season LC L3 Open Meet 2023 | Aldershot | | 3 |
| 42.98 | 164 | H | 27/08/23 | Sprint With The Stars 2023 | London | Haslemere | 3 |
| 44.56 | 147 | F | 24/09/22 | Lis Hartley L3 Open Meet Crawley 2022 | K2 Crawley | | 3 |
| 44.70 | 146 | F | 31/07/22 | Winchester City Penguins Summer Scorcher 2022 | Winchester | | 3 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|-------|--------|-------|----------|--|------------|-----------------|-------|
| 40.79 | 192 | F | 16/03/24 | Bracknell & Wokingham Regional Qualifier Meet 2024 | Aldershot | Haslemere | 3 |
| 39.82 | 206 | H | 16/03/24 | Bracknell & Wokingham Regional Qualifier Meet 2024 | Aldershot | Haslemere | 3 |
| 42.14 | 174 | F | 25/11/23 | Rushmoor Royals Winter L3 LC Open Meet 2023 | Aldershot | | 3 |
| 42.98 | 164 | H | 27/08/23 | Sprint With The Stars 2023 | London | Haslemere | 3 |
| 42.69 | 167 | F | 15/07/23 | Rushmoor Royals End of Season LC L3 Open Meet 2023 | Aldershot | | 3 |
| 41.32 | 185 | F | 25/03/23 | Rushmoor Royals SC Spring Open Meet 2023 | Aldershot | | 3 |
| 42.14 | 174 | H | 04/02/23 | Surrey County Age Group Championships 2023 | Guildford | | 1 |
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