

Individual Best Times (All Time)

Rupert Knox - (1497986) - Haslemere Swimming Club - 200 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
2:57.00	252	H	17/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	Haslemere	3
3:02.28	231	F	25/11/23	Rushmoor Royals Winter L3 LC Open Meet 2023	Aldershot		3
3:08.67	208	F	16/07/23	Rushmoor Royals End of Season LC L3 Open Meet 2023	Aldershot		3
3:09.74	205	F	25/03/23	Rushmoor Royals SC Spring Open Meet 2023	Aldershot		3
3:14.63	190	F	22/01/23	Surrey County Age Group Championships 2023	Guildford		1
3:18.96	178	F	25/09/22	Lis Hartley L3 Open Meet Crawley 2022	K2 Crawley		3
3:26.33	159	F	31/07/22	Winchester City Penguins Summer Scorchers 2022	Winchester		3

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