

Individual Best Times (All Time)

Rupert Knox - (1497986) - Haslemere Swimming Club - 200 Individual Medley - 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 |
|---------|--------|-------|----------|--|------------|-----------------|-------|
| 3:01.17 | 249 | H | 27/04/24 | SE South East Region LC Championships 2024 | Winchester | | 1 |
| 3:15.78 | 197 | F | 16/07/23 | Rushmoor Royals End of Season LC L3 Open Meet 2023 | Aldershot | | 3 |

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