

Individual Best Times (All Time)

Rory Duncan - (440467) - Borough of Harrow S C - 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
29.77	495	H	26/03/17	MCASA Open Meet	London	Bo Of Harrow	1
29.95	486	F	26/03/17	MCASA Open Meet	London	Bo Of Harrow	1
30.60	455	H	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield		1
30.72	450	H	10/04/16	London Region Summer Championships	London	Bo Of Harrow	1
30.93	441	F	30/05/15	London Regional Championships	London		1
31.35	423	H	11/04/15	Team Luton April Long Course Meet	Luton		1
31.87	403	H	30/05/15	London Regional Championships	London		1
31.95	400	H	22/11/14	City of Sheffield Snow Frills Meet	Sheffield		3
32.57	378	H	19/07/14	Basildon & Phoenix End of Season Meet	Basildon		3
32.81	369	F	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	Bo Of Harrow	1
32.93	365	H	04/05/14	London Region Youth Championships 2014	London	Bo Of Harrow	1
34.48	318	F	14/04/13	Crawley SC Spring Long Course Open Meet	Crawley	Bo Of Harrow	1
34.68	313	H	19/05/13	Northampton Spring Meet 2013	Corby	Bo Of Harrow	1
35.68	287	H	15/01/12	City of Derby 11th Long Course Open Meet	Sheffield	Bo Of Harrow	1

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