

# Individual Best Times (All Time)

Rory Duncan - (440467) - Borough of Harrow S C - 100 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
1:04.72	506	H	26/03/17	MCASA Open Meet	London	Bo Of Harrow	1
1:06.79	461	H	09/04/16	London Region Summer Championships	London	Bo Of Harrow	1
1:09.20	414	H	23/11/14	City of Sheffield Snow Frills Meet	Sheffield		3
1:09.25	413	H	20/12/14	Northampton Winter Festival Meet	Corby		1
1:09.97	401	H	03/05/14	London Region Youth Championships 2014	London	Bo Of Harrow	1
1:10.25	396	H	19/07/14	Basildon & Phoenix End of Season Meet	Basildon		3
1:10.98	384	F	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	Bo Of Harrow	1
1:11.12	381	H	21/12/13	Northampton Winter Festival Open Meet	Corby	Bo Of Harrow	1
1:12.12	366	H	09/06/13	ASA London Region Age Group Championship	London	Bo Of Harrow	1
1:13.17	350	F	13/04/13	Crawley SC Spring Long Course Open Meet	Crawley	Bo Of Harrow	1
1:13.57	345	H	10/06/12	British Gas ASA London Region AG Champs	Crystal Palace	Bo Of Harrow	1
1:13.83	341	H	18/05/13	Northampton Spring Meet 2013	Corby	Bo Of Harrow	1
1:14.88	327	H	19/05/12	Bracknell & Wokingham SC Open Meet	Aldershot	Bo Of Harrow	1
1:15.82	315	H	14/01/12	City of Derby 11th Long Course Open Meet	Sheffield	Bo Of Harrow	1
1:16.38	308	F	21/04/12	Crawley SC Spring Long Course Meet	Crawley	Bo Of Harrow	1
1:17.34	296	H	12/06/11	BG London Region Age Group Championships	London	Bo Of Harrow	1
1:18.58	283	H	21/05/11	Bracknell & Wokingham Open Meet	Aldershot	Bo Of Harrow	1
1:24.79	225	H	22/05/10	Bracknell & Wokingham Meet	Aldershot	Bo Of Harrow	1

## Swims in Date Order

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