

Individual Best Times (All Time)

Rory Duncan - (440467) - Borough of Harrow S C - 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
2:26.21	448	F	04/05/15	London Region Summer Championships	Crystal Palace		1
2:27.60	435	H	09/04/16	London Region Summer Championships	London	Bo Of Harrow	1
2:27.84	433	H	04/05/15	London Region Summer Championships	Crystal Palace		1
2:30.69	409	H	20/07/14	Basildon & Phoenix End of Season Meet	Basildon		3
2:31.01	407	H	21/12/14	Northampton Winter Festival Meet	Corby		1
2:31.68	401	H	17/11/13	Team Luton Autumn LC Open Meet	Luton	Bo Of Harrow	1
2:31.82	400	H	03/05/14	London Region Youth Championships 2014	London	Bo Of Harrow	1
2:31.93	399	F	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	Bo Of Harrow	1
2:32.02	399	H	22/12/13	Northampton Winter Festival Open Meet	Corby	Bo Of Harrow	1
2:32.92	392	H	23/11/14	City of Sheffield Snow Frills Meet	Sheffield		3
2:34.85	377	F	13/04/13	Crawley SC Spring Long Course Open Meet	Crawley	Bo Of Harrow	1
2:35.35	373	H	02/06/12	British Gas ASA London Region AG Champs	Crystal Palace	Bo Of Harrow	1
2:36.27	367	H	19/05/13	Northampton Spring Meet 2013	Corby	Bo Of Harrow	1
2:37.95	355	H	20/05/12	Bracknell & Wokingham SC Open Meet	Aldershot	Bo Of Harrow	1
2:40.17	341	H	19/01/13	Killerwhales SC Winter Open Meet	Basildon	Bo Of Harrow	1
2:41.69	331	F	21/04/12	Crawley SC Spring Long Course Meet	Crawley	Bo Of Harrow	1
2:42.46	326	H	15/01/12	City of Derby 11th Long Course Open Meet	Sheffield	Bo Of Harrow	1
2:43.75	319	H	22/05/11	Bracknell & Wokingham Open Meet	Aldershot	Bo Of Harrow	1
2:59.62	241	H	22/05/10	Bracknell & Wokingham Meet	Aldershot	Bo Of Harrow	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:27.60	435	H	09/04/16	London Region Summer Championships	London	Bo Of Harrow	1
2:26.21	448	F	04/05/15	London Region Summer Championships	Crystal Palace		1
2:27.84	433	H	04/05/15	London Region Summer Championships	Crystal Palace		1
2:31.01	407	H	21/12/14	Northampton Winter Festival Meet	Corby		1

2:32.92	392	H	23/11/14	City of Sheffield Snow Frills Meet	Sheffield		3
2:30.69	409	H	20/07/14	Basildon & Phoenix End of Season Meet	Basildon		3
2:31.82	400	H	03/05/14	London Region Youth Championships 2014	London	Bo Of Harrow	1
2:31.93	399	F	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	Bo Of Harrow	1
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