

Individual Best Times (All Time)

Rory Duncan - (440467) - Borough of Harrow S C - 100 Freestyle - 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
56.74	563	H	25/03/17	MCASA Open Meet	London	Bo Of Harrow	1
57.60	538	H	09/04/16	London Region Summer Championships	London	Bo Of Harrow	1
57.81	532	H	16/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield		1
58.48	514		04/08/15	ASA Summer Nationals 2015	Sheffield	Bo Of Harrow	1
59.19	496	H	10/05/15	London Region Summer Championships	London		1
59.23	495	H	12/04/15	Team Luton April Long Course Meet	Luton		1
1:00.15	472	H	22/11/14	City of Sheffield Snow Frills Meet	Sheffield		3
1:00.29	469	H	20/12/14	Northampton Winter Festival Meet	Corby		1
1:01.60	440	H	19/07/14	Basildon & Phoenix End of Season Meet	Basildon		3
1:01.71	437	H	03/05/14	London Region Youth Championships 2014	London	Bo Of Harrow	1
1:01.95	432	F	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	Bo Of Harrow	1
1:03.12	409	H	21/12/13	Northampton Winter Festival Open Meet	Corby	Bo Of Harrow	1
1:03.99	392	F	13/04/13	Crawley SC Spring Long Course Open Meet	Crawley	Bo Of Harrow	1
1:04.23	388	H	19/05/13	Northampton Spring Meet 2013	Corby	Bo Of Harrow	1
1:06.19	354	H	20/05/12	Bracknell & Wokingham SC Open Meet	Aldershot	Bo Of Harrow	1
1:06.32	352	F	21/04/12	Crawley SC Spring Long Course Meet	Crawley	Bo Of Harrow	1
1:07.11	340	H	15/01/12	City of Derby 11th Long Course Open Meet	Sheffield	Bo Of Harrow	1
1:08.03	326	H	19/01/13	Killerwhales SC Winter Open Meet	Basildon	Bo Of Harrow	1
1:09.10	311	H	22/05/11	Bracknell & Wokingham Open Meet	Aldershot	Bo Of Harrow	1
1:16.35	231	H	22/05/10	Bracknell & Wokingham Meet	Aldershot	Bo Of Harrow	1

Swims in Date Order

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57.81	532	H	16/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield		1
56.74	563	H	25/03/17	MCASA Open Meet	London	Bo Of Harrow	1
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59.23	495	H	12/04/15	Team Luton April Long Course Meet	Luton		1
1:00.29	469	H	20/12/14	Northampton Winter Festival Meet	Corby		1
1:00.15	472	H	22/11/14	City of Sheffield Snow Frills Meet	Sheffield		3
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