

Individual Best Times (All Time)

Rory Duncan - (440467) - Borough of Harrow S C - 200 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
2:10.10	481	H	11/04/15	Team Luton April Long Course Meet	Luton		1
2:10.61	476	H	09/04/16	London Region Summer Championships	London	Bo Of Harrow	1
2:13.80	443	H	20/07/14	Basildon & Phoenix End of Season Meet	Basildon		3
2:14.39	437	H	21/12/14	Northampton Winter Festival Meet	Corby		1
2:14.67	434	H	03/05/14	London Region Youth Championships 2014	London	Bo Of Harrow	1
2:14.95	431	H	22/11/14	City of Sheffield Snow Frills Meet	Sheffield		3
2:15.14	429	F	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	Bo Of Harrow	1
2:16.33	418	H	22/12/13	Northampton Winter Festival Open Meet	Corby	Bo Of Harrow	1
2:16.37	418	F	13/04/13	Crawley SC Spring Long Course Open Meet	Crawley	Bo Of Harrow	1
2:16.57	416	H	16/11/13	Team Luton Autumn LC Open Meet	Luton	Bo Of Harrow	1
2:18.86	396	H	18/05/13	Northampton Spring Meet 2013	Corby	Bo Of Harrow	1
2:20.14	385	F	21/04/12	Crawley SC Spring Long Course Meet	Crawley	Bo Of Harrow	1
2:20.79	380	H	09/06/12	British Gas ASA London Region AG Champs	Crystal Palace	Bo Of Harrow	1
2:21.50	374	H	19/05/12	Bracknell & Wokingham SC Open Meet	Aldershot	Bo Of Harrow	1
2:25.23	346	H	15/01/12	City of Derby 11th Long Course Open Meet	Sheffield	Bo Of Harrow	1
2:25.32	345	H	19/01/13	Killerwhales SC Winter Open Meet	Basildon	Bo Of Harrow	1
2:42.17	248	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
2:10.61	476	H	09/04/16	London Region Summer Championships	London	Bo Of Harrow	1
2:10.10	481	H	11/04/15	Team Luton April Long Course Meet	Luton		1
2:14.39	437	H	21/12/14	Northampton Winter Festival Meet	Corby		1
2:14.95	431	H	22/11/14	City of Sheffield Snow Frills Meet	Sheffield		3
2:13.80	443	H	20/07/14	Basildon & Phoenix End of Season Meet	Basildon		3
2:14.67	434	H	03/05/14	London Region Youth Championships 2014	London	Bo Of Harrow	1

2:15.14	429	F	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	Bo Of Harrow	1
2:16.33	418	H	22/12/13	Northampton Winter Festival Open Meet	Corby	Bo Of Harrow	1
2:16.57	416	H	16/11/13	Team Luton Autumn LC Open Meet	Luton	Bo Of Harrow	1
2:18.86	396	H	18/05/13	Northampton Spring Meet 2013	Corby	Bo Of Harrow	1
2:16.37	418	F	13/04/13	Crawley SC Spring Long Course Open Meet	Crawley	Bo Of Harrow	1
2:25.32	345	H	19/01/13	Killerwhales SC Winter Open Meet	Basildon	Bo Of Harrow	1
2:20.79	380	H	09/06/12	British Gas ASA London Region AG Champs	Crystal Palace	Bo Of Harrow	1
2:21.50	374	H	19/05/12	Bracknell & Wokingham SC Open Meet	Aldershot	Bo Of Harrow	1
2:20.14	385	F	21/04/12	Crawley SC Spring Long Course Meet	Crawley	Bo Of Harrow	1
2:25.23	346	H	15/01/12	City of Derby 11th Long Course Open Meet	Sheffield	Bo Of Harrow	1
2:42.17	248	H	22/05/10	Bracknell & Wokingham Meet	Aldershot	Bo Of Harrow	1