

# Individual Best Times (All Time)

Rory Duncan - (440467) - Borough of Harrow S C - 400 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
4:44.18	464	F	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	Bo Of Harrow	1
4:46.66	452	H	20/12/14	Northampton Winter Festival Meet	Corby		1
4:48.21	445	H	19/05/13	Northampton Spring Meet 2013	Corby	Bo Of Harrow	1
4:48.31	444	H	04/05/15	London Region Summer Championships	Crystal Palace		1
4:48.76	442	H	11/04/15	Team Luton April Long Course Meet	Luton		1
4:49.09	441	H	04/05/14	London Region Youth Championships 2014	London	Bo Of Harrow	1
4:49.83	437	H	19/07/14	Basildon & Phoenix End of Season Meet	Basildon		3
4:51.05	432	F	13/04/13	Crawley SC Spring Long Course Open Meet	Crawley	Bo Of Harrow	1
4:56.21	410	H	20/05/12	Bracknell & Wokingham SC Open Meet	Aldershot	Bo Of Harrow	1
4:56.64	408	H	21/12/13	Northampton Winter Festival Open Meet	Corby	Bo Of Harrow	1
4:57.22	405	F	21/04/12	Crawley SC Spring Long Course Meet	Crawley	Bo Of Harrow	1
5:00.67	392	H	19/01/13	Killerwhales SC Winter Open Meet	Basildon	Bo Of Harrow	1
5:19.57	326	H	22/05/11	Bracknell & Wokingham Open Meet	Aldershot	Bo Of Harrow	1

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