

# Individual Best Times (All Time)

Matthew Rishworth - (556418) - Staines Swimming Club - 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
1:17.42	296	H	05/08/16	ASA Summer Nationals 2016	Sheffield	Staines	1
1:17.55	294	F	05/08/16	ASA Summer Nationals 2016	Sheffield	Staines	1
1:18.14	287	H	11/12/16	National Para Swimming Championships	Manchester	Staines	1
1:20.71	261	H	24/04/16	British Para-Swimming Championships	Glasgow	Staines	1
1:21.94	249	H	13/12/15	National Para Swimming	Manchester	Staines	1
1:23.18	238	H	05/08/15	ASA Summer Nationals 2015	Sheffield		1
1:25.34	221	H	31/05/15	ASASER Swimming Championships	Crawley	Staines	1
1:27.42	205	H	28/03/15	British Para Swimming International	Glasgow		1
1:28.09	200	H	20/04/14	British-Para Swimming International	Glasgow	Staines	1
1:28.40	198	H	04/08/14	Swim Wales Summer Nationals 2014	Swansea		1
1:29.32	192	F	04/08/14	Swim Wales Summer Nationals 2014	Swansea		1

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