

Individual Best Times (All Time)

Matthew Rishworth - (556418) - Staines Swimming Club - 200 Individual Medley - 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
2:36.96	383	H	28/04/17	British Para Swimming International 2017	Sheffield		1
2:42.17	347	H	10/12/16	National Para Swimming Championships	Manchester	Staines	1
2:43.23	340	H	02/08/16	ASA Summer Nationals 2016	Sheffield	Staines	1
2:45.79	325	H	27/04/16	British Para-Swimming Championships	Glasgow	Staines	1
2:54.38	279	H	07/08/15	ASA Summer Nationals 2015	Sheffield		1
2:54.98	276	H	12/12/15	National Para Swimming	Manchester	Staines	1
2:59.82	254	H	31/05/15	ASASER Swimming Championships	Crawley	Staines	1
3:00.84	250	H	27/03/15	British Para Swimming International	Glasgow		1
3:01.94	245	H	14/06/14	ASA South East Region Age Group Championships	Crawley	Staines	1
3:03.70	238	H	19/04/14	British-Para Swimming International	Glasgow	Staines	1
3:03.75	238	H	05/08/14	Swim Wales Summer Nationals 2014	Swansea		1

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