

Individual Best Times (All Time)

Harry Salmon - (912728) - Marlborough Penguins ASC - 50 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 |
|-------|--------|-------|----------|---|------------------|-----------------|-------|
| 29.37 | 515 | F | 24/03/19 | Millfield Street Super Series (LC) | Millfield | Marlborough | 1 |
| 29.44 | 511 | H | 26/05/19 | Plymouth Leander National Qualifier L1 LC Open | Plymouth | | 1 |
| 29.51 | 508 | F | 15/03/20 | Millfield & Team Bath AS L1 National Qualifier | Millfield School | Marlborough | 1 |
| 29.82 | 492 | F | 17/02/19 | Team Bath Grand Prix Level 1 Meet | Hengrove LC | Marlborough | 1 |
| 29.97 | 485 | F | 14/04/19 | Exeter & Taunton April Level 1 Graded Meet | Millfield | Marlborough | 1 |
| 30.23 | 472 | H | 05/05/19 | ASA SWR Summer Championships | Plymouth | Marlborough | 1 |
| 30.69 | 451 | H | 27/05/18 | Plymouth Leander Level 1 National Qualifier | Plymouth | Marlborough | 1 |
| 31.07 | 435 | H | 01/04/18 | Millfield Super Series | Millfield | Marlborough | 1 |
| 31.21 | 429 | F | 18/03/17 | Millfield School Super Series (LC) | Millfield | Salisbury | 1 |
| 31.43 | 420 | H | 05/05/18 | ASA SWR Summer Championships | Plymouth | Marlborough | 1 |
| 31.58 | 414 | F | 18/11/17 | Team Bath AS Autumn Level 1 & Level 3 Open Meet | Hengrove | Durrington | 1 |
| 31.75 | 408 | H | 29/04/17 | ASA SWR Summer Championships | Plymouth | Salisbury | 1 |
| 32.07 | 395 | F | 08/07/18 | BWFSC SUMMER MEET LEVEL 3 | LONDON | Durrington | 3 |
| 32.19 | 391 | F | 09/07/17 | BWFSC L3 Summer Meet L3 | London | Durrington | 3 |
| 32.88 | 367 | H | 21/05/16 | ASA SWR Summer Championships | Millfield | Salisbury | 1 |
| 34.26 | 324 | H | 20/03/16 | Rushmoor Royals L1 Spring National Qualifier | Aldershot | Salisbury | 1 |
| 34.28 | 324 | F | 17/07/16 | Portsmouth Northsea End of Season Meet | Portsmouth | Salisbury | 3 |
| 34.79 | 310 | H | 16/05/15 | ASA South West Summer Championships | Bristol | | 1 |
| 34.79 | 310 | H | 16/05/15 | ASASWR Summer Championships | Millfield | | 1 |
| 35.04 | 303 | F | 27/02/16 | Aquae Sulis Spring Grand Prix | Bristol | Salisbury | 1 |
| 35.43 | 293 | F | 11/04/15 | City of Bristol Level 1 April Meet | Bristol | Salisbury | 1 |
| 35.86 | 283 | H | 06/12/15 | Rushmoor Royals Last Chance County Qualifier | Aldershot | | 3 |
| 35.87 | 282 | F | 31/10/15 | City of Bristol SC Level 3 Open Meet | Hengrove | Salisbury | 3 |
| 36.35 | 271 | H | 12/07/15 | Rushmoor Royals Summer LC L3 Open Meet | Aldershot | | 3 |
| 36.81 | 261 | F | 15/11/14 | Aquae Sulis Grand Prix | Bristol | Salisbury | 1 |
| 37.49 | 247 | F | 20/07/14 | Portsmouth Northsea SC PN End of Season Meet | Portsmouth | Salisbury | 3 |
| 40.60 | 182 | F | 02/11/12 | City of Bristol SC Level 3 LC Open Meet | Bristol | Salisbury | 3 |

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|-------|-----|---|----------|--|------------|-----------|---|
| 40.69 | 193 | F | 02/11/13 | City of Bristol SC Level 3 LC Open Meet | Bristol | Salisbury | |
| 40.75 | 193 | F | 31/03/13 | Portsmouth Northsea Easter Festival 2013 | Portsmouth | Salisbury | 1 |
| 41.53 | 182 | F | 14/07/13 | Portsmouth Northsea End of Season Meet | Portsmouth | Salisbury | 3 |
| 43.58 | 157 | F | 18/11/12 | The Aquae Sulis Grand Prix 2012 | Bristol | Salisbury | 1 |

Swims in Date Order

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| 29.51 | 508 | F | 15/03/20 | Millfield & Team Bath AS L1 National Qualifier | Millfield School | Marlborough | 1 |
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| 30.23 | 472 | H | 05/05/19 | ASA SWR Summer Championships | Plymouth | Marlborough | 1 |
| 29.97 | 485 | F | 14/04/19 | Exeter & Taunton April Level 1 Graded Meet | Millfield | Marlborough | 1 |
| 29.37 | 515 | F | 24/03/19 | Millfield Street Super Series (LC) | Millfield | Marlborough | 1 |
| 29.82 | 492 | F | 17/02/19 | Team Bath Grand Prix Level 1 Meet | Hengrove LC | Marlborough | 1 |
| 32.07 | 395 | F | 08/07/18 | BWFSC SUMMER MEET LEVEL 3 | LONDON | Durrington | 3 |
| 30.69 | 451 | H | 27/05/18 | Plymouth Leander Level 1 National Qualifier | Plymouth | Marlborough | 1 |
| 31.43 | 420 | H | 05/05/18 | ASA SWR Summer Championships | Plymouth | Marlborough | 1 |
| 31.07 | 435 | H | 01/04/18 | Millfield Super Series | Millfield | Marlborough | 1 |
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| 35.04 | 303 | F | 27/02/16 | Aquae Sulis Spring Grand Prix | Bristol | Salisbury | 1 |
| 35.86 | 283 | H | 06/12/15 | Rushmoor Royals Last Chance County Qualifier | Aldershot | | 3 |
| 35.87 | 282 | F | 31/10/15 | City of Bristol SC Level 3 Open Meet | Hengrove | Salisbury | 3 |
| 36.35 | 271 | H | 12/07/15 | Rushmoor Royals Summer LC L3 Open Meet | Aldershot | | 3 |
| 34.79 | 310 | H | 16/05/15 | ASA South West Summer Championships | Bristol | | 1 |
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| 40.75 | 193 | F | 31/03/13 | Portsmouth Northsea Easter Festival 2013 | Portsmouth | Salisbury | 1 |
| 43.58 | 157 | F | 18/11/12 | The Aquae Sulis Grand Prix 2012 | Bristol | Salisbury | 1 |