

Individual Best Times (All Time)

Mark Ford - (932142) - Lanark - 200 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
2:05.39	711	H	03/06/21	British Swimming Glasgow Meet 2021 Seniors	Glasgow		1
2:05.72	705	H	10/07/21	European Junior Swimming Championships 2021	Rome		1
2:07.10	682	H	21/04/19	British Championships 2019	Glasgow	Co Glasgow	1
2:07.15	681	H	18/04/21	British Swimming Selection Trials 2021	London	Co Glasgow	1
2:07.97	668	F	21/04/19	British Championships 2019	Glasgow	Co Glasgow	1
2:08.27	664	F	29/03/19	Scottish National Age Group Championships	Tollcross	Co Glasgow	1
2:08.31	663	F	29/06/19	Scottish National Open Championships	Aberdeen	Co Glasgow	1
2:08.38	662	F	23/02/20	McCullagh International Meet	Bangor	Co Glasgow	1
2:08.44	661	H	22/07/19	European Youth Olympic Festival	Baku		1
2:08.44	661	H	24/07/19	European Youth Olympic Festival	Baku		1
2:09.58	644	C	15/03/20	Edinburgh International	Edinburgh	Co Glasgow	1
2:09.59	644	H	29/06/19	Scottish National Open Championships	Aberdeen	Co Glasgow	1
2:09.66	643	H	29/03/19	Scottish National Age Group Championships	Tollcross	Co Glasgow	1
2:09.77	641	H	15/03/20	Edinburgh International	Edinburgh	Co Glasgow	1
2:10.10	636	F	18/01/20	53e Challenge International de Geneve	Geneva	Suffolk C T	1
2:10.43	631	H	22/02/20	McCullagh International Meet	Bangor	Co Glasgow	1
2:10.61	629	C	17/03/19	Edinburgh International	Edinburgh	Co Glasgow	1
2:10.78	626	H	18/01/20	53e Challenge International de Geneve	Geneva	Suffolk C T	1
2:10.80	626	H	12/03/21	British Swimming Invitation Meet	Manchester	Co Glasgow	1
2:11.17	621	H	13/03/22	Edinburgh International 2022	Edinburgh		1
2:11.42	617	H	10/04/22	British Championships 2022	Sheffield	Co Glasgow	1
2:12.40	604	C	24/05/19	Glasgow International Swim Meet	Tollcross	Co Glasgow	1
2:12.41	603	H	17/03/19	Edinburgh International	Edinburgh	Co Glasgow	1
2:12.46	603	F	19/01/19	52e CIG Challenge International de Genève	Geneva	Suffolk C T	1
2:12.64	600	H	24/05/19	Glasgow International Swim Meet	Tollcross	Co Glasgow	1
2:12.82	598	F	30/03/18	Scottish National Age Group Championships	Tollcross	Co Glasgow	1
2:13.01	587	F	02/02/20	2020 WDL Long Course Championships - WFL	Tollcross	Co Glasgow	1

2:12.91	597	F	02/02/20	2020 WD Long Course Championships - WE2	Tollcross	Co Glasgow	1
2:13.78	585	H	26/02/22	McCullagh International Meet	Bangor		1
2:13.79	585	F	30/07/17	British Summer Championships	Sheffield	Co Glasgow	1
2:14.26	579	H	29/07/18	British Summer Championships	Sheffield	Co Glasgow	1
2:14.31	578	C	25/05/18	2018 Glasgow International Swim Meet	Glasgow	Co Glasgow	1
2:14.61	574	H	19/01/19	52e CIG Challenge International de Genève	Geneva	Suffolk C T	1
2:14.62	574	H	30/06/18	Scottish National Open Championships	Tollcross		1
2:14.64	574	H	30/07/17	British Summer Championships	Sheffield	Co Glasgow	1
2:15.30	566	F	31/03/17	Scottish National Age Group Championships	Aberdeen	SLanarkshire	1
2:15.96	557	H	20/01/18	51e CIG Challenge International de Genève	Genève		1
2:16.12	555	H	30/03/18	Scottish National Age Group Championships	Tollcross	Co Glasgow	1
2:16.22	554	H	13/01/18	City of Sunderland New Year Meet 2018	Sunderland	Co Glasgow	1
2:16.45	551	H	01/07/17	Scottish National Open Championships	Aberdeen	Co Glasgow	1
2:16.57	550	H	25/05/18	2018 Glasgow International Swim Meet	Glasgow	Co Glasgow	1
2:16.92	546	C	01/07/17	Scottish National Open Championships	Aberdeen	Co Glasgow	1
2:18.39	528	F	28/05/17	East District Long Course Open Meet	Edinburgh	Co Glasgow	1
2:18.42	528	H	28/05/17	East District Long Course Open Meet	Edinburgh	Co Glasgow	1
2:19.61	515	H	14/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	Lanark	1
2:19.63	514	H	31/03/17	Scottish National Age Group Championships	Aberdeen	SLanarkshire	1
2:20.09	509	F	04/03/17	2017 SASA West District LC AG R3 Championship	East Kilbride	Lanark	1
2:20.65	503	F	18/02/18	2018 WD Long Course Championships - Round 2	Glasgow	Co Glasgow	1
2:21.19	498	F	14/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	Lanark	1
2:24.00	469	F	05/02/17	2017 SASA West District Championships	East Kilbride	Lanark	1
2:38.09	354	H	06/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	Lanark	1
2:38.51	352	F	06/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	Lanark	1
2:41.27	334	F	03/04/15	Scottish National Age Group Championships	Aberdeen	SLanarkshire	1
2:42.99	323	H	03/04/15	Scottish National Age Group Championships	Aberdeen	SLanarkshire	1
2:44.25	316	F	08/02/15	SASA West District JAG Championship	East Kilbride	Lanark	1
3:11.12	200	F	09/02/14	2014 SASA West District LC JAG Champs	East Kilbride	Lanark	1

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