

# Individual Best Times (All Time)

Mark Ford - (932142) - Lanark - 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
2:10.76	662	C	27/05/22	Glasgow International Swim Meet	Glasgow		1
2:13.10	628	H	27/05/22	Glasgow International Swim Meet	Glasgow		1
2:13.24	626	F	31/03/19	Scottish National Age Group Championships	Tollcross	Co Glasgow	1
2:14.99	602	C	25/05/18	2018 Glasgow International Swim Meet	Glasgow	Co Glasgow	1
2:15.26	598	H	28/07/18	British Summer Championships	Sheffield	Co Glasgow	1
2:15.62	593	H	25/05/18	2018 Glasgow International Swim Meet	Glasgow	Co Glasgow	1
2:15.62	593	H	31/03/19	Scottish National Age Group Championships	Tollcross	Co Glasgow	1
2:15.73	592	F	28/07/18	British Summer Championships	Sheffield	Co Glasgow	1
2:15.82	591	H	18/01/20	53e Challenge International de Geneve	Geneva	Suffolk C T	1
2:16.13	587	H	30/06/18	Scottish National Open Championships	Tollcross	Co Glasgow	1
2:16.64	580	F	02/02/20	2020 WD Long Course Championships - WE2	Tollcross	Co Glasgow	1
2:19.16	549	F	08/07/17	Scottish Summer Meet	Edinburgh	Co Glasgow	1
2:19.25	548	H	28/04/18	University of Aberdeen International Open	Aberdeen	Co Glasgow	1
2:20.17	537	H	08/07/17	Scottish Summer Meet	Edinburgh	Co Glasgow	1
2:20.48	534	H	14/01/18	City of Sunderland New Year Meet 2018	Sunderland	Co Glasgow	1
2:21.07	527	H	01/07/17	Scottish National Open Championships	Aberdeen	Co Glasgow	1
2:21.28	525	H	07/10/17	Lincoln Vulcans Long Course Open Meet	Sheffield	Scot West	1
2:21.36	524	H	20/01/18	51e CIG Challenge International de Genève	Genève		1
2:21.70	520	F	05/02/17	2017 SASA West District Championships	East Kilbride	Lanark	1
2:22.03	517	F	28/04/18	University of Aberdeen International Open	Aberdeen	Co Glasgow	1
2:23.36	502	F	18/02/18	2018 WD Long Course Championships - Round 2	Glasgow	Co Glasgow	1
2:24.79	488	H	27/05/17	East District Long Course Open Meet	Edinburgh	Co Glasgow	1
2:33.90	406	F	02/04/16	Scottish National Age Group Championships	Glasgow	SLanarkshire	1
2:34.48	401	H	02/04/16	Scottish National Age Group Championships	Glasgow	SLanarkshire	1
2:41.65	350	H	02/04/15	Scottish National Age Group Championships	Aberdeen	SLanarkshire	1
2:42.06	348	F	02/04/15	Scottish National Age Group Championships	Aberdeen	SLanarkshire	1

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2:41.65	350	H	02/04/15	Scottish National Age Group Championships	Aberdeen	SLanarkshire	1