

# Individual Best Times (All Time)

Mark Ford - (932142) - Lanark - 200 Breaststroke - 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
2:46.46	428	F	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	Co Glasgow	1
2:46.81	425	F	17/02/18	2018 WD Long Course Championships - Round 2	Glasgow	Co Glasgow	1
2:51.16	394	H	30/06/17	Scottish National Open Championships	Aberdeen	Co Glasgow	1
2:52.02	388	F	02/03/19	2019 WD Long Course AG Pre-SNAG Meet	Glasgow	Co Glasgow	1
2:53.17	380	F	29/04/18	University of Aberdeen International Open	Aberdeen	Co Glasgow	1
3:02.12	327	F	04/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	Lanark	2

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