

Individual Best Times (All Time)

Mark Innes - (1192011) - Warrender Baths Club - 100 Backstroke - Short 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
1:04.39	422	F	06/10/19	WBC Championships Day 2 and 3 2019	Michael Woods Centre	Warrender Ba	2
1:04.71	416	F	16/12/17	Warrender Graded Meet	Michael Woods Centre	Warrender Ba	2
1:07.83	361	F	08/10/17	WBC Championships 2017	Michael Woods Centre	Warrender Ba	2
1:08.93	344	F	29/10/16	Carnegie Winter Open Meet	Glenrothes	Warrender Ba	2
1:09.14	341	F	17/12/16	Cumbernauld Xmas Sprints	Cumbernauld	Warrender Ba	2
1:09.84	331	H	29/10/16	Carnegie Winter Open Meet	Glenrothes	Warrender Ba	2
1:10.45	322		09/01/16	FIRST Open Meet 2016	Bathgate	Warrender Ba	2
1:10.66	319	F	22/05/16	Swim West Lothian IM Tough Meet	Livingston	Warrender Ba	2
1:11.07	314	F	18/09/16	Warrender Championships	Glenrothes	Warrender Ba	2
1:11.36	310	F	19/12/15	Cumbernauld Christmas Sprints 2015	Cumbernauld	Warrender Ba	3
1:14.25	275	F	11/10/15	WBC Club Championships 2015 Weekend	Glenrothes	Warrender Ba	2
1:16.96	247	F	17/05/15	Swim West Lothian IM Tough 2015	West Lothian	Warrender Ba	2
1:21.13	211	F	17/01/15	Carnegie Graded Meet	Dunfermline	Warrender Ba	2
1:21.13	211	F	31/01/15	Mags 2015	Grangemouth	Warrender Ba	2
1:23.99	190		08/11/14	Lothian Region Graded Meet	Prestonpans	Warrender Ba	2
1:25.55	180		08/11/14	Lothian Region Graded Meet	Prestonpans	Warrender Ba	2
1:28.97	160	F	12/10/14	Warrender Championships	Glenrothes	Warrender Ba	2

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