

Individual Best Times (All Time)

Mark Rigo - (1311358) - Newham & University of East Lond - 200 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
2:13.46	495	F	02/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford		3
2:14.06	489	H	05/02/23	Essex Age Group County Championships 2023	Basildon	Bo Newham	2
2:14.06	489	H	05/02/23	Essex Age Group County Championships 2023	Basildon	Bo Newham	2
2:14.37	485	F	07/10/23	NUEL SC Early County Qualifier Open Meet 2023	Stratford		3
2:15.15	477	H	30/09/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	Bo Newham	3
2:15.44	474	H	17/12/22	RTSC Christmas Cracker Meet 2022	Basildon	Bo Newham	3
2:15.47	474	H	01/07/23	Romford Town SC End of Season Meet 2023	Basildon	Bo Newham	3
2:16.16	466	H	05/11/23	SE London Winter Championships 2023	Stratford		2
2:16.20	466	H	19/11/23	Swim England Essex Winter Championships 2023	Basildon	Bo Newham	2
2:16.33	465	H	06/11/22	SE London Winter Championships 2022	Lewisham		2
2:16.40	464	H	16/10/22	Essex Winter Championships 2022	Basildon	Bo Newham	2
2:17.43	454	H	17/04/22	Romford Town Last Chance Regional Qualifier Meet	Essex	Romford Town	3
2:20.18	427	F	05/03/22	ESS Level 3 Open Meet	Enfield		3
2:34.00	322	H	27/04/19	RTSC Non- Regional Qualifiers Meet	Romford	Romford Town	3
2:41.46	280	H	30/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	Romford Town	3

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