

# Individual Best Times (All Time)

Mark Rigo - (1311358) - Newham & University of East Lond - 50 Breaststroke - 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
32.24	463	H	25/02/23	Essex Age Group County Championships 2023	Basildon	Bo Newham	2
32.44	454	F	08/10/23	NUEL SC Early County Qualifier Open Meet 2023	Stratford		3
32.55	450	F	03/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford		3
32.57	449	H	19/11/23	Swim England Essex Winter Championships 2023	Basildon	Bo Newham	2
32.66	445	H	13/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	Bo Newham	3
32.76	441	F	04/12/22	Newham & UoL SC Late County Qualifier Open Meet 22	London		3
32.94	434	H	05/11/23	SE London Winter Championships 2023	Stratford		2
33.06	429	H	30/09/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	Bo Newham	3
33.08	429	H	01/07/23	Romford Town SC End of Season Meet 2023	Basildon	Bo Newham	3
33.12	427	H	18/12/22	RTSC Christmas Cracker Meet 2022	Basildon	Bo Newham	3
33.40	416	F	09/10/22	NUEL SC Early County Qualifier Open Meet 2022	London		3
33.79	402	H	15/10/22	Essex Winter Championships 2022	Basildon	Bo Newham	2
33.89	399	F	06/03/22	ESS Level 3 Open Meet	Enfield		3
34.02	394	H	17/04/22	Romford Town Last Chance Regional Qualifier Meet	Essex	Romford Town	3
34.03	394	H	06/11/22	SE London Winter Championships 2022	Lewisham		2
35.17	357	F	05/12/21	NUEL Late County Qualifier Open Meet 2021	Stratford		3
36.20	327	H	12/12/21	Romford Town SC Christmas Cracker Meet 2021	London	Romford Town	3
36.63	316	F	10/11/19	NUEL Winter Invitational Meet 2019	East Ham	Romford Town	4
36.94	308	H	06/10/19	9th David Jacobs Memorial Meet	Basildon	Romford Town	3
37.04	305	H	29/11/19	Harlow Penguins 2019 County Qualifier Open Meet	Harlow	Romford Town	3
38.56	270	H	03/11/20	Romford Town Swimming Club	Abbs Cross Health	Romford Town	0
38.59	270	H	29/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	Romford Town	3
38.72	267	H	28/04/19	RTSC Non- Regional Qualifiers Meet	Romford	Romford Town	3
39.63	249	F	16/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	Romford Town	3
39.89	244	H	20/10/18	Harlow Penguins Autumn Junior Development Meet	Harlow	Romford Town	3
39.91	244	F	11/11/18	NUEL Winter Invitational Meet 2018	East Ham	Romford Town	4

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