

# Individual Best Times (All Time)

Rory Duncan - (440467) - Borough of Harrow S C - 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
1:01.69	480	F	10/12/16	NASL London	Lewisham	Bo Of Harrow	3
1:02.38	465	F	12/11/16	NASL London	Luton	Bo Of Harrow	3
1:02.77	456	H	05/11/16	London Region Winter Championships	Stratford	Bo Of Harrow	2
1:03.53	440	F	08/10/16	NASL London	Borehamwood	Bo Of Harrow	3
1:03.88	433	F	10/10/15	National Arena League-London Div1&2 Rounds123	Luton	Bo Of Harrow	3
1:04.50	420	H	08/11/15	ASA London Region Winter Short Course Championship	London		2
1:04.60	418	H	30/01/16	MCASA County Championships 2016	Barnet	Bo Of Harrow	2
1:04.95	412	H	17/11/19	BUCS Short Course Swimming Championships 2019	Sheffield		2
1:05.19	407	F	14/11/15	National Arena League-London Div1&2 Rounds123	Dagenham	Bo Of Harrow	3
1:05.61	399	F	12/12/15	National Arena League-London Div1&2 Rounds123	Dagenham	Bo Of Harrow	3
1:05.68	398	F	28/06/15	BHSC End of Season Early County Qualifier	Hendon	Bo Of Harrow	3
1:06.19	389	H	19/01/15	Middlesex County Championships 2015	Hendon	Bo Of Harrow	2
1:06.21	388	F	11/10/14	National Arena League London Premier Division	Hatfield	Bo Of Harrow	2
1:07.38	369	F	08/11/14	NASL London Premier Division	Harlow	Bo Of Harrow	2
1:07.43	368	F	28/09/14	Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
1:08.04	358		05/10/14	Barnet Cophthall 100 Meet	Barnet	Bo Of Harrow	3
1:08.13	356	F	13/12/14	NASL London Rounds Premier Division	Hatfield	Bo Of Harrow	2
1:08.16	356	H	23/03/14	Middlesex County Championships	Enfield	Bo Of Harrow	2
1:08.93	344	F	22/06/14	Borough of Harrow End of Season Open Meet	Barnet	Bo Of Harrow	3
1:09.38	338	F	14/07/13	Staines Black Swan Summer Meet	Elmbridge	Bo Of Harrow	3
1:10.13	327	H	18/10/14	Bishop's Stortford 6th Autumn Open Meet	Borehamwood		3
1:10.37	323	F	16/06/13	Borough of Harrow SC End of Season Open Meet	Barnet	Bo Of Harrow	3
1:10.70	319		12/05/13	Barnet Cophthall SC Kate Lack Trophy Meet	Hendon	Bo Of Harrow	3
1:11.98	302	H	17/03/12	Middlesex County Championships	Enfield	Bo Of Harrow	2
1:12.04	301	F	06/10/12	MCASA Short Course Championships	Northolt	Bo Of Harrow	2
1:12.20	299	F	02/11/13	The Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
1:12.21	298	F	16/12/13	Borough of Harrow SC Christmas Cocker	London	Bo Of Harrow	3

1:12.31	290	F	10/12/12	Borough of Harrow SC Christmas Cracker	London	Bo Of Harrow	3
1:12.99	290	F	17/03/12	Middlesex County Championships	Enfield	Bo Of Harrow	2
1:13.00	290	F	15/07/12	Staines SC Black Swan Summer Meet	Walton on Thames	Bo Of Harrow	3
1:13.93	279		19/11/11	Borough of Harrow Winter Open Meet	Barnet	Bo Of Harrow	2
1:14.76	270	H	16/07/11	Fareham Nomads Summer Open Meet	Southampton	Bo Of Harrow	3
1:14.91	268	F	22/09/12	Borough of Harrow SC Club Championships	Harrow	Bo Of Harrow	4
1:15.55	261		09/07/11	Edmonton Phoenix Junior Open	Enfield	Bo Of Harrow	4
1:16.56	251	H	23/01/11	Windsor Level 2 Open Meet	Maidenhead	Bo Of Harrow	2
1:16.96	247		15/05/11	Barnet Cophall Kate Lock Meet	Barnet	Bo Of Harrow	1
1:17.44	243		24/09/11	Borough of Harrow Club Championships	Harrow	Bo Of Harrow	4
1:18.17	236	H	04/12/10	Middlesex County SC Champ	Enfield	Bo Of Harrow	2
1:19.31	226		31/10/10	The Borough of Harrow	Barnet	Bo Of Harrow	4
1:29.92	155		28/09/09	Harrow & Wealdstone Champs	Barnet	Bo Of Harrow	4

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