

Individual Best Times (All Time)

Rory Duncan - (440467) - Borough of Harrow S C - 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
2:18.58	442	H	08/11/15	ASA London Region Winter Short Course Championship	London		2
2:21.08	419	H	18/10/15	Bishops Stortford 7th Autumn Open Meet	Borehamwood		2
2:23.24	401	F	27/06/15	BHSC End of Season Early County Qualifier	Hendon	Bo Of Harrow	3
2:23.81	396	F	28/09/14	Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
2:25.56	382	F	19/01/15	Middlesex County Championships 2015	Hendon	Bo Of Harrow	2
2:26.36	375	F	22/03/14	Middlesex County Championships	Enfield	Bo Of Harrow	2
2:27.62	366	F	13/07/13	Staines Black Swan Summer Meet	Elmbridge	Bo Of Harrow	3
2:28.70	358	F	03/11/13	The Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
2:29.03	356	F	21/06/14	Borough of Harrow End of Season Open Meet	Barnet	Bo Of Harrow	3
2:29.45	353	F	16/06/13	Borough of Harrow SC End of Season Open Meet	Barnet	Bo Of Harrow	3
2:29.48	352	H	19/10/14	Bishop's Stortford 6th Autumn Open Meet	Borehamwood		3
2:29.85	350		12/05/13	Barnet Cophall SC Kate Lack Trophy Meet	Hendon	Bo Of Harrow	3
2:31.69	337	F	13/03/13	Middlesex County Championships	Enfield	Bo Of Harrow	2
2:32.80	330	F	17/03/12	Middlesex County Championships	Enfield	Bo Of Harrow	2
2:34.42	320	F	07/10/12	MCASA Short Course Championships	Northolt	Bo Of Harrow	2
2:35.15	315	F	16/12/12	Borough of Harrow SC Christmas Cracker	London	Bo Of Harrow	3
2:37.41	302	F	23/09/12	Borough of Harrow SC Club Championships	Harrow	Bo Of Harrow	4
2:38.29	297		19/11/11	Borough of Harrow Winter Open Meet	Barnet	Bo Of Harrow	2
2:41.12	281	F	05/03/11	Middlesex County Championships	Enfield	Bo Of Harrow	2
2:41.42	280		16/10/11	Barnet Cophall 200 Meet	Barnet	Bo Of Harrow	4
2:42.46	274		09/07/11	Edmonton Phoenix Junior Open	Enfield	Bo Of Harrow	4
2:43.39	270	H	23/01/11	Windsor Level 2 Open Meet	Maidenhead	Bo Of Harrow	2
2:44.48	264		25/09/11	Borough of Harrow Club Championships	Harrow	Bo Of Harrow	4
2:47.67	250		28/11/10	Watford Middle Distance	Watford	Bo Of Harrow	2
2:48.40	246	F	05/12/10	Middlesex County SC Champ	Enfield	Bo Of Harrow	2
2:50.02	239		31/10/10	The Borough of Harrow	Barnet	Bo Of Harrow	4
2:52.67	228	F	22/10/10	Middlesex Autumn Development Meet	Enfield	Bo Of Harrow	4

2:32.07	220	F	23/10/10	Middlesex Autumn Development Meet	Enfield	Bo Of Harrow	
2:54.28	222		17/10/10	Barnet Copthall 200 Meet	Barnet	Bo Of Harrow	3
2:56.18	215	F	06/03/10	Middlesex County Champs	Enfield	Bo Of Harrow	2
3:10.57	170		18/10/09	Barnet Copthall 200 Meet	Barnet	Bo Of Harrow	3
3:16.51	155		07/03/09	Middlesex County Champs	Enfield	Bo Of Harrow	2

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