

Individual Best Times (All Time)

Rory Duncan - (440467) - Borough of Harrow S C - 200 Individual Medley - 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
2:22.10	459	F	23/01/16	MCASA County Championships 2016	Barnet	Bo Of Harrow	2
2:22.78	452	F	16/06/15	Borough of Harrow Club Championships	Hendon	Bo Of Harrow	4
2:23.82	442	F	14/11/15	National Arena League-London Div1&2 Rounds123	Dagenham	Bo Of Harrow	3
2:24.26	438	H	08/11/15	ASA London Region Winter Short Course Championship	London		2
2:24.34	438	F	10/10/15	National Arena League-London Div1&2 Rounds123	Luton	Bo Of Harrow	3
2:24.51	436	F	08/10/16	NASL London	Borehamwood	Bo Of Harrow	3
2:27.05	414	F	19/09/16	Borough of Harrow Club Championships	Hendon	Bo Of Harrow	4
2:27.49	410	F	27/06/15	BHSC End of Season Early County Qualifier	Hendon	Bo Of Harrow	3
2:28.21	404	F	17/01/15	Middlesex County Championships 2015	Hendon	Bo Of Harrow	2
2:29.20	396	F	02/11/14	Ealing Level 3 Open Meet	Northolt	Bo Of Harrow	3
2:32.93	368	F	23/03/14	Middlesex County Championships	Enfield	Bo Of Harrow	2
2:34.59	356	F	27/09/14	Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
2:36.99	340	F	12/03/13	Middlesex County Championships	Enfield	Bo Of Harrow	2
2:37.11	339	F	22/06/14	Borough of Harrow End of Season Open Meet	Barnet	Bo Of Harrow	3
2:39.24	326	F	13/07/13	Staines Black Swan Summer Meet	Elmbridge	Bo Of Harrow	3
2:42.43	307	F	14/07/12	Staines SC Black Swan Summer Meet	Walton on Thames	Bo Of Harrow	3
2:43.01	304	F	18/03/12	Middlesex County Championships	Enfield	Bo Of Harrow	2
2:43.66	300	F	07/10/12	MCASA Short Course Championships	Northolt	Bo Of Harrow	2
2:44.14	297	F	02/11/13	The Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
2:47.36	281	F	22/09/12	Borough of Harrow SC Club Championships	Harrow	Bo Of Harrow	4
2:51.57	260	H	17/07/11	Fareham Nomads Summer Open Meet	Southampton	Bo Of Harrow	3
2:55.10	245	F	06/03/11	Middlesex County Championships	Enfield	Bo Of Harrow	2
2:57.20	236		24/09/11	Borough of Harrow Club Championships	Harrow	Bo Of Harrow	4
2:58.41	232		28/11/10	Watford Middle Distance	Watford	Bo Of Harrow	2
2:58.48	231	H	22/01/11	Windsor Level 2 Open Meet	Maidenhead	Bo Of Harrow	2
3:01.70	219	F	24/10/10	Middlesex Autumn Development Meet	Enfield	Bo Of Harrow	4
3:03.03	212		20/10/10	The Borough of Harrow	Barnet	Bo Of Harrow	4

3:05.52	213		30/10/10	The Borough of Harrow	Barnet	Bo Of Harrow	
3:07.66	199	F	07/03/10	Middlesex County Champs	Enfield	Bo Of Harrow	2

Swims in Date Order

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