

Individual Best Times (All Time)

Rory Duncan - (440467) - Borough of Harrow S C - 400 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
5:14.75	415	F	15/06/15	Borough of Harrow Club Championships	Northwood	Bo Of Harrow	4
5:21.07	391	F	18/01/15	Middlesex County Championships 2015	Hendon	Bo Of Harrow	2
5:21.55	389	F	01/10/14	Borough of Harrow Club Championships	London	Bo Of Harrow	4
5:22.14	387	H	19/10/14	Bishop's Stortford 6th Autumn Open Meet	Borehamwood		3
5:26.54	371	F	01/03/14	MCASA Bagcat & Youth Competitions 2014	Enfield	Bo Of Harrow	2
5:33.58	348	F	03/11/13	The Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
5:55.01	289	F	23/09/12	Borough of Harrow SC Club Championships	Harrow	Bo Of Harrow	4
5:57.00	284	F	06/01/13	Borough of Harrow County Time Trials	Harrow	Bo Of Harrow	4
5:59.41	278	F	01/03/12	Middlesex Bagcat & Youths County Champs	Enfield	Bo Of Harrow	2
5:59.41	278	F	25/03/12	Middlesex Bagcat & Youths County Champs	Enfield	Bo Of Harrow	2
6:10.01	255	F	12/03/11	Middlesex County Championships	Enfield	Bo Of Harrow	2
6:17.62	240		25/09/11	Borough of Harrow Club Championships	Harrow	Bo Of Harrow	4
6:34.38	211		31/10/10	The Borough of Harrow	Barnet	Bo Of Harrow	4

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