

# Individual Best Times (All Time)

Rory Duncan - (440467) - Borough of Harrow S C - 100 Freestyle - 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
54.69	551	H	05/11/16	London Region Winter Championships	Stratford	Bo Of Harrow	2
55.73	520	F	10/12/16	NASL London	Lewisham	Bo Of Harrow	3
56.08	511	H	17/11/19	BUCS Short Course Swimming Championships 2019	Sheffield		2
56.20	507	H	31/01/16	MCASA County Championships 2016	Barnet	Bo Of Harrow	2
56.34	504	F	14/11/15	National Arena League-London Div1&2 Rounds123	Dagenham	Bo Of Harrow	3
56.67	495	H	08/11/15	ASA London Region Winter Short Course Championship	London		2
56.73	493	F	08/10/16	NASL London	Borehamwood	Bo Of Harrow	3
57.18	482	F	10/10/15	National Arena League-London Div1&2 Rounds123	Luton	Bo Of Harrow	3
57.44	475	H	18/10/15	Bishops Stortford 7th Autumn Open Meet	Borehamwood		2
57.58	472	F	27/06/15	BHSC End of Season Early County Qualifier	Hendon	Bo Of Harrow	3
57.60	471	F	08/03/15	BHSC John Basford Memorial Trophy	Barnet	Bo Of Harrow	3
58.02	461	F	12/12/15	National Arena League-London Div1&2 Rounds123	Dagenham	Bo Of Harrow	3
58.98	439	H	20/01/15	Middlesex County Championships 2015	Hendon	Bo Of Harrow	2
59.42	429		05/10/14	Barnet Cophthall 100 Meet	Barnet	Bo Of Harrow	3
59.58	426	F	22/06/14	Borough of Harrow End of Season Open Meet	Barnet	Bo Of Harrow	3
59.62	425	F	11/10/14	National Arena League London Premier Division	Hatfield	Bo Of Harrow	2
59.75	422	H	19/10/14	Bishop's Stortford 6th Autumn Open Meet	Borehamwood		3
1:00.06	416	F	28/09/14	Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
1:00.97	397	H	22/03/14	Middlesex County Championships	Enfield	Bo Of Harrow	2
1:02.35	371		12/05/13	Barnet Cophthall SC Kate Lack Trophy Meet	Hendon	Bo Of Harrow	3
1:02.46	369	H	13/03/13	Middlesex County Championships	Enfield	Bo Of Harrow	2
1:02.72	365	F	02/11/13	The Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
1:02.94	361	F	16/06/13	Borough of Harrow SC End of Season Open Meet	Barnet	Bo Of Harrow	3
1:03.41	353	F	13/07/13	Staines Black Swan Summer Meet	Elmbridge	Bo Of Harrow	3
1:04.97	328	F	14/07/12	Staines SC Black Swan Summer Meet	Walton on Thames	Bo Of Harrow	3
1:05.28	324	F	07/10/12	MCASA Short Course Championships	Northolt	Bo Of Harrow	2
1:05.44	321	F	16/12/12	Borough of Harrow SC Christmas Cocker	London	Bo Of Harrow	3

1:05.44	321	F	16/12/12	Borough of Harrow SC Christmas Cracker	London	Bo Of Harrow	3
1:05.74	317	F	01/03/12	Middlesex Bagcat & Youths County Champs	Enfield	Bo Of Harrow	2
1:05.74	317	F	25/03/12	Middlesex Bagcat & Youths County Champs	Enfield	Bo Of Harrow	2
1:05.88	315	H	01/03/12	Middlesex Bagcat & Youths County Champs	Enfield	Bo Of Harrow	2
1:05.88	315	H	25/03/12	Middlesex Bagcat & Youths County Champs	Enfield	Bo Of Harrow	2
1:06.04	313		19/11/11	Borough of Harrow Winter Open Meet	Barnet	Bo Of Harrow	2
1:06.32	309	F	23/09/12	Borough of Harrow SC Club Championships	Harrow	Bo Of Harrow	4
1:06.98	300	F	06/11/11	Ealing November Development Meet	Ealing	Bo Of Harrow	4
1:07.16	297		25/09/11	Borough of Harrow Club Championships	Harrow	Bo Of Harrow	4
1:07.31	295	H	16/07/11	Fareham Nomads Summer Open Meet	Southampton	Bo Of Harrow	3
1:07.46	293		09/07/11	Edmonton Phoenix Junior Open	Enfield	Bo Of Harrow	4
1:09.16	272		15/05/11	Barnet Cophthall Kate Lock Meet	Barnet	Bo Of Harrow	1
1:10.26	259	H	23/01/11	Windsor Level 2 Open Meet	Maidenhead	Bo Of Harrow	2
1:12.09	240		13/02/11	The Borough of Harrow John Basford Open Me	Barnet	Bo Of Harrow	4
1:12.13	240	F	24/10/10	Middlesex Autumn Development Meet	Enfield	Bo Of Harrow	4
1:12.51	236		31/10/10	The Borough of Harrow	Barnet	Bo Of Harrow	4
1:21.39	167		28/09/09	Harrow & Wealdstone Champs	Barnet	Bo Of Harrow	4
1:33.55	110		15/11/08	Harrow & Wealdstone Club	Barnet	Bo Of Harrow	4

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