

Individual Best Times (All Time)

Rory Duncan - (440467) - Borough of Harrow S C - 400 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
4:30.54	482	F	14/06/15	Borough of Harrow Club Championships	Northwood	Bo Of Harrow	4
4:31.49	477	F	20/01/15	Middlesex County Championships 2015	Hendon	Bo Of Harrow	2
4:36.34	453	F	07/10/14	Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
4:37.57	447	F	15/03/14	Middlesex County Championships	Enfield	Bo Of Harrow	2
4:44.22	416	F	01/11/14	Ealing Level 3 Open Meet	Northolt	Bo Of Harrow	3
4:44.97	413	F	11/03/13	Middlesex County Championships	Enfield	Bo Of Harrow	2
4:48.75	397	F	02/11/13	The Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
4:54.78	373	F	17/03/12	Middlesex County Championships	Enfield	Bo Of Harrow	2
4:59.31	356	F	06/10/12	MCASA Short Course Championships	Northolt	Bo Of Harrow	2
4:59.95	354	F	22/09/12	Borough of Harrow SC Club Championships	Harrow	Bo Of Harrow	4
5:11.78	315	F	05/03/11	Middlesex County Championships	Enfield	Bo Of Harrow	2
5:16.58	301		24/09/11	Borough of Harrow Club Championships	Harrow	Bo Of Harrow	4
5:18.31	296		28/11/10	Watford Middle Distance	Watford	Bo Of Harrow	2
5:23.75	281	H	22/01/11	Windsor Level 2 Open Meet	Maidenhead	Bo Of Harrow	2
5:25.17	278	F	04/12/10	Middlesex County SC Champ	Enfield	Bo Of Harrow	2
5:26.64	274		30/10/10	The Borough of Harrow	Barnet	Bo Of Harrow	4
5:32.32	260	F	23/10/10	Middlesex Autumn Development Meet	Enfield	Bo Of Harrow	4
5:52.15	218	F	24/04/10	Middlesex Development	Enfield	Bo Of Harrow	4

Swims in Date Order

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