

Individual Best Times (All Time)

Jack Duncan - (480649) - Orkney ASC - 50 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
32.12	326	H	05/10/13	SASA North District Sprint Championships	Inverness	Orkney	1
32.57	312	F	16/06/12	Junior Inter County 2012	Orkney	Orkney	2
32.63	311	F	30/08/14	West Mainland Chamber of Commerce Meet	Orkney	Orkney	2
32.77	307	F	06/10/12	SASA North District Sprint Championships	Inverness	Orkney	1
32.80	306	H	05/10/14	SASA North District Open Meet	Inverness	Orkney	1
32.84	305	F	10/05/14	North Atlantic Challenge	Orkney	Orkney	2
33.12	297	H	06/10/12	SASA North District Sprint Championships	Inverness	Orkney	1
33.44	289	F	27/11/14	Kirkwall Xmas Gala	Kirkwall	Orkney	2
33.46	288	H	25/11/12	Stromness Club Gala	Stromness	Orkney	2
33.47	288	F	05/05/12	Liam Henderson Memorial Cup	Orkney	Orkney	2
34.01	274	F	28/01/15	Orkney ASC Accredited Time Trial 2015	Stromness	Orkney	2
34.13	271	F	31/08/13	West Mainland Chamber of Commerce Trophy	Orkney	Orkney	2
34.35	266	H	01/10/11	SASA North District Sprint Championships	Inverness	Orkney	1
34.44	264	F	24/11/11	Kirkwall Christmas Gala	Kirkwall	Orkney	2
34.56	261	F	01/10/11	SASA North District Sprint Championships	Inverness	Orkney	1
35.20	247	F	27/08/11	West Mainland Chamber of Commerce Trophy	Stromness	Orkney	2
36.34	225	F	08/06/11	Orkney Age Group Championships	Stromness & Kirkwall	Orkney	2
37.22	209	F	07/05/11	Liam Henderson Cup	Kirkwall	Orkney	2
40.40	163	F	03/12/10	Kirkwall Xmas Gala	Orkney	Orkney	2
41.15	155	F	09/06/10	Orkney Age Group Champs	Stromness	Orkney	2
43.98	127		23/01/10	Aberdeen ASC Medley Meet	Aberdeen	Orkney	2

Swims in Date Order

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34.01	274	F	28/01/15	Orkney ASC Accredited Time Trial 2015	Stromness	Orkney	2
33.44	289	F	27/11/14	Kirkwall Xmas Gala	Kirkwall	Orkney	2

32.80	306	H	05/10/14	SASA North District Open Meet	Inverness	Orkney	1
32.63	311	F	30/08/14	West Mainland Chamber of Commerce Meet	Orkney	Orkney	2
32.84	305	F	10/05/14	North Atlantic Challenge	Orkney	Orkney	2
32.12	326	H	05/10/13	SASA North District Sprint Championships	Inverness	Orkney	1
34.13	271	F	31/08/13	West Mainland Chamber of Commerce Trophy	Orkney	Orkney	2
33.46	288	H	25/11/12	Stromness Club Gala	Stromness	Orkney	2
32.77	307	F	06/10/12	SASA North District Sprint Championships	Inverness	Orkney	1
33.12	297	H	06/10/12	SASA North District Sprint Championships	Inverness	Orkney	1
32.57	312	F	16/06/12	Junior Inter County 2012	Orkney	Orkney	2
33.47	288	F	05/05/12	Liam Henderson Memorial Cup	Orkney	Orkney	2
34.44	264	F	24/11/11	Kirkwall Christmas Gala	Kirkwall	Orkney	2
34.56	261	F	01/10/11	SASA North District Sprint Championships	Inverness	Orkney	1
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