

# Individual Best Times (All Time)

Mark Ford - (932142) - Lanark - 200 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
1:58.03	716	F	10/12/21	Scottish National Winter SC Championships	Edinburgh		2
2:00.08	680	F	13/12/19	Scottish National Short Course Championships	Edinburgh	Co Glasgow	2
2:01.36	659	H	10/12/21	Scottish National Winter SC Championships	Edinburgh		2
2:01.63	654	H	13/12/19	Scottish National Short Course Championships	Edinburgh	Co Glasgow	2
2:02.70	638	F	26/06/21	Tighinn Comhla	Various		0
2:03.02	633	H	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	Co Glasgow	2
2:05.87	591	F	28/10/18	2018 WD SC Senior Age Group Championships	Tollcross	Co Glasgow	2
2:06.17	586	H	04/11/18	North District Open Championships 2018	Aberdeen	Co Glasgow	2
2:06.23	585	F	21/09/19	Scottish National Team Championships	Glasgow	Co Glasgow	2
2:08.04	561	F	04/11/18	North District Open Championships 2018	Aberdeen	Co Glasgow	2
2:08.56	554	H	08/12/17	Scottish National Short Course Open Champs	Edinburgh	Co Glasgow	2
2:10.82	526	H	05/11/17	North District Open Championships 2017	Inverness	Co Glasgow	1
2:10.91	525	H	09/12/16	Scottish National Short Course Championships	Edinburgh	SLanarkshire	1
2:11.99	512	F	05/11/17	North District Open Championships 2017	Inverness	Co Glasgow	1
2:13.58	494	F	13/11/16	2016 SASA West District SC JAG Championship	Cumbernauld	Lanark	1
2:16.58	462	H	22/10/16	Lincoln Vulcans L2 Short Course Open Meet	Sheffield	Scot West	2
2:20.12	428	F	12/02/17	North Ayrshire 200 Meet	Auchenharvie		2
2:26.53	374	F	13/03/16	North Ayrshire 200 Meet	Auchenharvie		2
2:30.62	344	F	15/11/15	SASA West District JAG Championships	Cumbernauld	Lanark	1
2:48.37	246	F	16/11/14	West District SC JAG Championships	Cumbernauld	Lanark	1
3:04.46	187	F	15/02/14	Belshill Sharks Open Meet 2014	Belshill	Lanark	2

## Swims in Date Order

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