

Individual Best Times (All Time)

Mark Ford - (932142) - Lanark - 200 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
2:05.23	670	F	18/12/21	National Leagues	Glasgow		2
2:08.28	624	F	28/11/20	Tighinn Comhla	Various - Round 2		0
2:09.97	600	H	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	Co Glasgow	2
2:10.63	591	H	05/10/19	LVSC Short Course Meet 2019	Sheffield	Scot West	2
2:10.72	589	F	02/11/19	REN96 Open Meet	Linwood	Co Glasgow	2
2:10.96	586	F	28/10/18	2018 WD SC Senior Age Group Championships	Tollcross	Co Glasgow	2
2:11.37	581	H	28/10/18	2018 WD SC Senior Age Group Championships	Tollcross	Co Glasgow	2
2:11.48	579	F	09/02/19	Bellshill Sharks Open Meet 2019	Bellshill	Co Glasgow	2
2:14.67	539	H	05/11/17	North District Open Championships 2017	Inverness	Co Glasgow	1
2:15.39	530	H	09/12/17	Scottish National Short Course Open Champs	Edinburgh	Co Glasgow	2
2:15.52	529	F	05/11/17	North District Open Championships 2017	Inverness	Co Glasgow	1
2:17.26	509	F	29/10/17	2017 SS West District SC Senior Age Group	Grangemouth	Co Glasgow	1
2:20.44	475	F	13/11/16	2016 SASA West District SC JAG Championship	Cumbernauld	Lanark	1
2:20.75	472	F	11/02/17	North Ayrshire 200 Meet	Auchenharvie		2
2:21.08	469	H	13/11/16	2016 SASA West District SC JAG Championship	Cumbernauld	Lanark	1
2:26.01	423	F	01/05/16	Haddington Total Swim Meet	Prestonpans	Lanark	2
2:29.43	394	F	12/03/16	North Ayrshire 200 Meet	Auchenharvie		2
2:33.34	365	H	15/11/15	SASA West District JAG Championships	Cumbernauld	Lanark	1
2:34.10	360	F	15/11/15	SASA West District JAG Championships	Cumbernauld	Lanark	1
2:35.26	352	F	07/06/15	Haddington Total Swimmer Meet	Mercat Gait	Lanark	2
2:48.31	276	H	16/11/14	West District SC JAG Championships	Cumbernauld	Lanark	1
2:50.00	268	F	16/11/14	West District SC JAG Championships	Cumbernauld	Lanark	1
2:57.70	234	F	04/05/14	Haddington Total Swimmer Meet	Prestonpans	Lanark	2

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