

Individual Best Times (All Time)

Joseph Munden - (944005) - Newham & University of East Lond

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.63	25.80	484	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
100 Freestyle	1:00.66	59.30	460	03/02/19	Essex Age Group Champs 2019	Basildon	ER190210	1
200 Freestyle	2:18.23	2:15.70	401	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
400 Freestyle	6:13.13	6:09.30	205	28/07/19	NUEL Non National Qualifiers Meet 2019	London Aquatic	LR191609	3
50 Breaststroke	33.62	32.70	459	24/07/22	NUEL SC End of Season Open Meet 2022	London Aquatics Cntr	LR221212	3
100 Breaststroke	1:18.85	1:17.20	375	16/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
200 Breaststroke	2:54.90	2:51.90	369	17/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
50 Butterfly	28.50	27.80	477	23/07/22	NUEL SC End of Season Open Meet 2022	London Aquatics Cntr	LR221212	3
100 Butterfly	1:07.92	1:06.80	385	05/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
200 Butterfly	3:20.89	3:19.30	165	25/09/16	BWFSC County Qualifier Meet 2016	London	LR161616	3
50 Backstroke	36.35	35.80	271	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Backstroke	1:17.92	1:16.90	290	09/07/17	BWFSC L3 Summer Meet L3	London	LR170898	3
200 Individual Medley	2:43.83	2:41.40	336	28/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.26	27.00	452	08/10/22	NUEL SC Early County Qualifier Open Meet 2022	London	LR221421	3
100 Freestyle	57.62	59.10	471	09/10/22	NUEL SC Early County Qualifier Open Meet 2022	London	LR221421	3
200 Freestyle	2:10.70	2:13.30	439	03/11/19	2019 London Region Winter Championships	London	LR192817	2
400 Freestyle	4:50.19	4:55.00	391	23/03/18	N&UEL Club Championships 2018	East Ham LC	LR181046	4
50 Breaststroke	32.70	33.60	444	05/12/21	NUEL Late County Qualifier Open Meet 2021	Stratford	LR211103	3
100 Breaststroke	1:13.31	1:15.00	428	04/12/21	NUEL Late County Qualifier Open Meet 2021	Stratford	LR211103	3
200 Breaststroke	2:50.62	2:53.70	349	02/11/19	2019 London Region Winter Championships	London	LR192817	2
50 Butterfly	28.61	29.30	439	08/10/22	NUEL SC Early County Qualifier Open Meet 2022	London	LR221421	3
100 Butterfly	1:04.51	1:05.70	406	26/02/22	Swim England Essex Age Group Championships 2022	Basildon	ER220051	2
200 Butterfly	3:02.57	3:04.30	200	17/12/16	LBRSC Last Chance Qualifying Meet	Fullwell Cross	LR161365	3
50 Backstroke	33.94	34.50	276	20/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
100 Backstroke	1:12.11	1:13.20	301	12/10/19	NUEL Early County Qualifier Open Meet 2019	London Aquatic Ctr	LR191887	3
200 Backstroke	2:59.81	3:01.70	202	16/09/16	BWFSC Club Championships	London	LR161089	4
200 Individual Medley	2:30.79	2:33.40	384	03/11/19	2019 London Region Winter Championships	London	LR192817	2
400 Individual Medley	6:05.50	6:10.30	265	02/10/16	LBRS Early Chance October Meet	Ilford	LR160961	3
100 Individual Medley	1:08.55	1:08.60	371	09/10/22	NUEL SC Early County Qualifier Open Meet 2022	London	LR221421	3