

# Individual Best Times (All Time)

Justin Langford - (18118) - Staines Swimming Club - 200 Individual Medley - Long 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 |
|---------|--------|-------|----------|----------------------------|----------------|-----------------|-------|
| 2:24.91 | 486    |       | 02/11/08 | South East Region Champs   | Aldershot      | Tring           | 1     |
| 2:25.94 | 476    | H     | 25/11/06 | Beckenham Rising Stars     | Crystal Palace | Tring           | 3     |
| 2:30.82 | 431    | H     | 01/04/06 | Bexley Long Course Open Mt | Crystal Palace | Tring           | 2     |
| 2:31.24 | 428    | H     | 08/10/06 | Crawley Early Bird         | Crawley        | Tring           | 1     |
| 2:34.40 | 402    | H     | 21/05/05 | Bracknell Open Meet 2005   | Aldershot      | Tring           | 1     |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet                       | Venue          | Club Swam Under | Level |
|---------|--------|-------|----------|----------------------------|----------------|-----------------|-------|
| 2:24.91 | 486    |       | 02/11/08 | South East Region Champs   | Aldershot      | Tring           | 1     |
| 2:25.94 | 476    | H     | 25/11/06 | Beckenham Rising Stars     | Crystal Palace | Tring           | 3     |
| 2:31.24 | 428    | H     | 08/10/06 | Crawley Early Bird         | Crawley        | Tring           | 1     |
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| 2:34.40 | 402    | H     | 21/05/05 | Bracknell Open Meet 2005   | Aldershot      | Tring           | 1     |