

Individual Best Times (All Time)

Justin Langford - (18118) - Staines Swimming Club - 400 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
5:03.90	508		03/05/08	South East Region Youths	Aldershot	Tring	1
5:05.02	502		04/10/08	Crawley Early Bird Meet	Crawley	Tring	1

Swims in Date Order

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