

Individual Best Times (All Time)

Justin Langford - (18118) - Staines Swimming Club - 100 Freestyle - 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
56.42	572		01/11/08	South East Region Champs	Aldershot	Tring	1
56.46	571		01/11/08	South East Region Champs	Aldershot	Tring	1
56.65	565		03/11/07	South East Winter Champs	Crawley	Tring	1
56.76	562	F	17/04/10	Crawley Spring LC Open Meet	Crawley	Tring	1
56.77	562	H	01/05/10	East Region Youth Champs	Norwich	Tring	1
57.08	553	H	15/01/11	Rushmoor Royals New Year Meet	Aldershot	Tring	3
57.10	552	F	14/01/12	Portsmouth Open Meet	Portsmouth	Tring	1
58.01	527	H	25/11/06	Beckenham Rising Stars	Crystal Palace	Tring	3
58.49	514	H	07/10/06	Crawley Early Bird	Crawley	Tring	1
58.78	506	F	18/12/21	Winchester Winter Sparkler	Winchester		3
58.95	502	H	01/05/06	ASA South East Region	Aldershot	Tring	1
1:01.49	442	H	02/04/06	Bexley Long Course Open Mt	Crystal Palace	Tring	2
1:02.40	423	H	17/04/05	Bexley Long Course Meet 2005	Crystal Palace	Tring	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
58.78	506	F	18/12/21	Winchester Winter Sparkler	Winchester		3
57.10	552	F	14/01/12	Portsmouth Open Meet	Portsmouth	Tring	1
57.08	553	H	15/01/11	Rushmoor Royals New Year Meet	Aldershot	Tring	3
56.77	562	H	01/05/10	East Region Youth Champs	Norwich	Tring	1
56.76	562	F	17/04/10	Crawley Spring LC Open Meet	Crawley	Tring	1
56.42	572		01/11/08	South East Region Champs	Aldershot	Tring	1
56.46	571		01/11/08	South East Region Champs	Aldershot	Tring	1
56.65	565		03/11/07	South East Winter Champs	Crawley	Tring	1
58.01	527	H	25/11/06	Beckenham Rising Stars	Crystal Palace	Tring	3
58.49	514	H	07/10/06	Crawley Early Bird	Crawley	Tring	1

58.95	502	H	01/05/06	ASA South East Region	Aldershot	Tring	1
1:01.49	442	H	02/04/06	Bexley Long Course Open Mt	Crystal Palace	Tring	2
1:02.40	423	H	17/04/05	Bexley Long Course Meet 2005	Crystal Palace	Tring	1