

Individual Best Times (All Time)

Justin Langford - (18118) - Staines Swimming Club - 400 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
4:18.37	617	F	17/04/10	Crawley Spring LC Open Meet	Crawley	Tring	1
4:20.22	604	H	10/05/09	Beckenham Open Meet	Crystal Palace	Tring	2
4:22.85	586		18/04/09	Crawley Spring Meet 2009	Crawley	Tring	1
4:24.58	575	H	01/05/10	East Region Youth Champs	Norwich	Tring	1
4:31.87	530		09/02/08	Wycombe District Annual	Wycombe	Tring	2
5:16.88	334		23/10/04	Rushmoor Royals 2nd Autumn Mt	Aldershot	Tring	1

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