

# Individual Best Times (All Time)

Justin Langford - (18118) - Staines Swimming Club - 100 Breaststroke - 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
1:12.43	484		03/05/08	South East Region Youths	Aldershot	Tring	1
1:12.52	482		19/04/08	Crawley Spring Open Meet	Crawley	Tring	1
1:12.78	477		03/05/08	South East Region Youths	Aldershot	Tring	1
1:13.27	467		04/10/08	Crawley Early Bird Meet	Crawley	Tring	1
1:13.90	455		14/02/09	Wycombe District Annual	High Wycombe	Tring	2
1:15.47	428	H	25/11/06	Beckenham Rising Stars	Crystal Palace	Tring	3
1:16.40	412	H	29/04/06	ASA South East Region	Aldershot	Tring	1
1:17.16	400		06/10/07	Crawley Early Bird Meet	Crawley	Tring	1
1:17.49	395	H	08/10/06	Crawley Early Bird	Crawley	Tring	1
1:18.64	378	H	02/04/06	Bexley Long Course Open Mt	Crystal Palace	Tring	2
1:19.34	368	H	06/05/06	Beckenham Open Meet	Crystal Palace	Tring	2
1:20.79	348	H	21/05/05	Bracknell Open Meet 2005	Aldershot	Tring	1
1:21.19	343	H	17/04/05	Bexley Long Course Meet 2005	Crystal Palace	Tring	1
1:21.59	338	H	07/05/05	Beckenham Open Meet 2005	Crystal Palace	Tring	1

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