

Individual Best Times (All Time)

Justin Langford - (18118) - Staines Swimming Club - 200 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
2:40.46	478	H	25/10/08	Rushmoor Royals Autumn Mt	Aldershot	Tring	2
2:42.29	462		04/05/08	South East Region Youths	Aldershot	Tring	1
2:43.43	452		04/10/08	Crawley Early Bird Meet	Crawley	Tring	1
2:46.86	425	H	01/04/06	Bexley Long Course Open Mt	Crystal Palace	Tring	2
2:52.03	388	H	06/05/06	Beckenham Open Meet	Crystal Palace	Tring	2
2:52.33	386	H	30/04/06	ASA South East Region	Aldershot	Tring	1
2:54.74	370	H	16/04/05	Bexley Long Course Meet 2005	Crystal Palace	Tring	1
2:55.09	368	H	07/05/05	Beckenham Open Meet 2005	Crystal Palace	Tring	1

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