

# Individual Best Times (All Time)

Josef Craig - (205176) - South Tyneside SC - 200 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
2:50.59	298	F	08/03/12	British Gas Swimming Championships 2012	London	Co Sund'land	1
2:51.83	292	F	09/03/13	British Gas International 2013	Leeds	Co Sund'land	1
2:52.45	288	H	08/03/12	British Gas Swimming Championships 2012	London	Co Sund'land	1
2:53.08	285	H	09/03/13	British Gas International 2013	Leeds	Co Sund'land	1
3:02.63	243	F	08/04/11	British Disability International Champions	Sheffield	Co Sund'land	1
3:04.08	237	H	30/01/11	North & North West Zonal Competition	Sheffield	Co Sund'land	1
3:04.51	235	H	08/04/11	British Disability International Champions	Sheffield	Co Sund'land	1
3:05.69	231	H	28/04/11	IDM Berlin	Berlin		1
3:08.69	220	F	18/08/10	BG ASA Championships 2010	Sunderland	Co Sund'land	1
3:10.38	214	H	10/03/11	British Gas Swimming Championships 2011	Manchester	Co Sund'land	1
3:12.36	208	H	18/08/10	BG ASA Championships 2010	Sunderland	Co Sund'land	1
3:13.05	205	H	02/05/10	North East Champs	Sunderland	Co Sund'land	1
3:14.78	200	H	02/07/11	Scottish Gas National Open Championships	Glasgow	Co Sund'land	1
3:17.07	193	H	18/04/10	GB International	Sheffield	Co Sund'land	1
3:19.19	187	C	18/04/10	GB International	Sheffield	Co Sund'land	1
3:20.07	184	F	02/04/10	British Gas Championships	Sheffield	Co Sund'land	1
3:22.88	177	H	02/04/10	British Gas Championships	Sheffield	Co Sund'land	1
3:36.37	146	H	28/07/09	British Gas Youth Champs	Sheffield	Co Sund'land	1
3:39.67	139	H	17/05/09	National Disability Champ	Sheffield	Co Sund'land	1

## Swims in Date Order

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2:51.83	292	F	09/03/13	British Gas International 2013	Leeds	Co Sund'land	1
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