

# Individual Best Times (All Time)

Joe Northover - (49238) - Newham & University of East Lond - 50 Backstroke - 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
29.45	511	H	12/04/15	Bexley Long Course Open Meet	Crystal Palace		1
29.95	486	H	01/02/20	Essex Age Group Championships 2020	London	Bo Newham	1
30.62	454	F	01/02/20	Essex Age Group Championships 2020	London	Bo Newham	1
32.31	387	H	11/07/10	London Region Sprint Gala	Crystal Palace	Oxford Uni	3

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