

Individual Best Times (All Time)

Joel Lange - (756338) - University Of Stirling - 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
2:12.10	642	F	29/07/17	British Summer Championships	Sheffield	Maidenhead	1
2:12.67	634	H	29/07/17	British Summer Championships	Sheffield	Maidenhead	1
2:13.57	621	H	13/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	Maidenhead	1
2:13.65	620	H	20/01/18	Flanders Swimming Cup	Antwerp, Belgium		1
2:13.75	619	F	30/07/16	British Summer Championships	Sheffield	Maidenhead	1
2:13.79	618	H	06/05/18	Swim England South East Championships 2018	Wycombe	Maidenhead	1
2:14.24	612	F	24/03/19	Wycombe Swimming's 4th LC Premier Meet	Wycombe	Maidenhead	1
2:14.30	611	H	06/05/18	Swim England South East Championships 2018	Wycombe	Maidenhead	1
2:14.67	606	H	31/03/19	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	Maidenhead	1
2:14.73	605	F	17/02/19	Team Bath Grand Prix Level 1 Meet	Hengrove LC	Maidenhead	1
2:14.87	603	H	05/11/17	Swim England SE - 2017 Open & Junior Champs	Portsmouth	Maidenhead	1
2:15.28	598	H	03/09/17	UK School Games	Loughborough		1
2:15.54	594	F	12/03/17	Wycombe Long Course Premier Open Meet	Wycombe	Maidenhead	1
2:15.60	594	H	05/11/17	Swim England SE - 2017 Open & Junior Champs	Portsmouth	Maidenhead	1
2:15.79	591	H	30/07/16	British Summer Championships	Sheffield	Maidenhead	1
2:15.83	591	F	25/03/17	Guildford City Springboard Level 1 Open Meet	Surrey	Maidenhead	1
2:16.05	588	F	11/03/18	WDSC Long Course Premier Open Meet	Wycombe	Maidenhead	1
2:16.14	587	H	18/03/17	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	Maidenhead	1
2:16.72	579	H	01/05/16	ASA South East Region Swimming Championships	Portsmouth	Maidenhead	1
2:17.00	576	H	30/04/17	ASA South East Region Championships 2017	Wycombe	Maidenhead	1
2:17.71	567	H	19/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	Maidenhead	1
2:17.91	564	F	29/05/17	PNSC May Madness Meet	Portsmouth	Maidenhead	1
2:18.11	562	H	30/04/17	ASA South East Region Championships 2017	Wycombe	Maidenhead	1
2:18.67	555	H	01/05/16	ASA South East Region Swimming Championships	Portsmouth	Maidenhead	1
2:25.28	483	H	06/08/15	ASA Summer Nationals 2015	Sheffield		1
2:25.30	482	H	16/05/15	ASASER Swimming Championships	Crawley	Maidenhead	1
2:27.26	482	H	16/05/15	ASASER Swimming Championships	Crawley	Maidenhead	1

2:27.20	400	M	10/03/13	ASASER Swimming Championships	Crawley	Maidenhead	1
2:28.17	455	F	04/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	Maidenhead	1
2:31.91	422	F	16/11/14	Aquae Sulis Grand Prix	Bristol	Maidenhead	1
2:35.52	393	H	14/06/14	ASA South East Region Age Group Championships	Crawley	Maidenhead	1
2:39.23	366	F	09/02/14	Aquae Sulis Spring Grand Prix 2014	Bristol	Maidenhead	1
2:40.07	361	H	05/04/14	Derventio Excel 8th LC Open Meet	Sheffield	Maidenhead	1
2:41.76	350		08/06/13	ASA South East Region Age Group Championships 2013	Crawley	Maidenhead	1
2:43.22	340	H	05/08/14	Swim Wales Summer Nationals 2014	Swansea	Maidenhead	1
2:43.50	338	F	14/04/13	Crawley SC Spring Long Course Open Meet	Crawley	Maidenhead	1
2:44.92	330	H	11/05/13	Derventio Excel Swim Squad 7th LC Open	Sheffield	Maidenhead	1
2:45.54	326	H	29/06/13	Rushmoor Royals Summer Festival	Aldershot	Maidenhead	3
2:46.18	322	H	30/03/13	Rushmoor Royals & Hart SC Easter Open Meet	Aldershot	Maidenhead	3
2:46.51	320	F	17/11/13	Aquae Sulis Grand Prix	Bristol	Maidenhead	1
2:49.74	302	H	03/11/12	City of Coventry November Open Meet	Coventry	Maidenhead	1
2:50.71	297	F	16/12/12	Hillingdon SC Level 1 Winter Open Meet	Hillingdon	Maidenhead	1
3:02.12	245	F	18/12/11	Hillingdon Winter Open Meet	Hillingdon	Maidenhead	1
3:03.61	239	H	13/05/12	Beckenham International Open Meet	London	Maidenhead	1
3:03.72	238	F	12/02/12	Wycombe District Open Meet 2012	Wycombe	Maidenhead	1
3:08.32	221	H	05/11/11	City of Coventry November Open Meet	Coventry	Maidenhead	1
3:09.36	218	F	14/05/11	Wycombe & District Sprint Meet	Wycombe	Maidenhead	3
3:13.01	206		11/06/11	BG South East Region Age Group Championshi	Crawley	Maidenhead	1
3:26.47	168	H	27/11/10	City of Coventry Open	Coventry	Maidenhead	1
3:44.95	130	H	09/05/10	City of Coventry May Open	Coventry	Maidenhead	1

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