

Individual Best Times (All Time)

Joel Lange - (756338) - University Of Stirling - 400 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
4:42.50	632	F	19/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove	Maidenhead	1
4:42.70	631	F	28/07/16	British Summer Championships	Sheffield	Maidenhead	1
4:44.54	619	H	27/07/17	British Summer Championships	Sheffield	Maidenhead	1
4:45.49	612	H	04/11/17	Swim England SE - 2017 Open & Junior Champs	Portsmouth	Maidenhead	1
4:46.66	605	H	28/07/16	British Summer Championships	Sheffield	Maidenhead	1
4:47.06	602	H	28/01/18	Berks & Sth Bucks County Championships	Wycombe	Maidenhead	1
4:47.12	602	H	07/05/18	Swim England South East Championships 2018	Wycombe	Maidenhead	1
4:47.47	600	H	21/01/18	Flanders Swimming Cup	Antwerp, Belgium		1
4:47.64	599	F	26/03/17	Guildford City Springboard Level 1 Open Meet	Surrey	Maidenhead	1
4:48.08	596	F	11/03/17	Wycombe Long Course Premier Open Meet	Wycombe	Maidenhead	1
4:48.41	594	H	18/03/17	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	Maidenhead	1
4:48.59	593	H	27/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	Maidenhead	1
4:49.45	588	F	10/03/18	WDSC Long Course Premier Open Meet	Wycombe	Maidenhead	1
4:51.69	574	H	02/09/17	UK School Games	Loughborough		1
4:51.72	574	H	02/05/16	ASA South East Region Swimming Championships	Portsmouth	Maidenhead	1
4:52.04	572	F	14/05/16	MCASA Long Course Open Meet	Guildford	Maidenhead	1
4:52.21	571	F	28/05/17	PNSC May Madness Meet	Portsmouth	Maidenhead	1
4:53.01	566	H	01/05/17	ASA South East Region Championships 2017	Wycombe	Maidenhead	1
4:53.13	566	H	19/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	Maidenhead	1
5:01.20	521	H	23/05/15	ASASER Swimming Championships	Portsmouth	Maidenhead	1
5:02.87	513	F	04/08/15	ASA Summer Nationals 2015	Sheffield		1
5:04.52	504	H	04/08/15	ASA Summer Nationals 2015	Sheffield		1
5:12.21	468	F	05/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	Maidenhead	1
5:21.54	428	F	15/11/14	Aquae Sulis Grand Prix	Bristol	Maidenhead	1
5:24.37	417	H	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot		1
5:28.18	403	H	31/05/14	ASA South East Region Age Group Championships	Crawley	Maidenhead	1
5:28.28	385	H	06/04/14	Doncaster Equal 8th LC Open Meet	Sheffield	Maidenhead	1

5:35.26	303	F	06/04/14	Derventio Excel 8th LC Open Meet	Sheffield	Maidenhead	1
5:40.40	361	F	08/02/14	Aquae Sulis Spring Grand Prix 2014	Bristol	Maidenhead	1
5:41.47	358		25/05/13	ASA South East Region Age Group Champs	Crawley	Maidenhead	1
5:41.90	356	H	30/06/13	Rushmoor Royals Summer Festival	Aldershot	Maidenhead	3
5:48.33	337	H	12/05/13	Derventio Excel Swim Squad 7th LC Open	Sheffield	Maidenhead	1
5:57.09	313	F	16/11/13	Aquae Sulis Grand Prix	Bristol	Maidenhead	1
6:22.25	255		26/05/12	British Gas South East Region AG Champs	Crawley	Maidenhead	1
6:35.70	230	F	12/02/12	Wycombe District Open Meet 2012	Wycombe	Maidenhead	1
6:44.09	216	F	17/12/11	Hillingdon Winter Open Meet	Hillingdon	Maidenhead	1
6:49.78	207		28/05/11	BG South East Region Age Group Championshi	Crawley	Maidenhead	1
7:25.79	160	F	13/02/11	Wycombe District Annual Long Course Meet	High Wycombe	Maidenhead	1

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