

Individual Best Times (All Time)

Justin Langford - (18118) - Staines Swimming Club - 100 Individual Medley - Short 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
1:01.95	503	F	15/03/08	Sussex County Champs	Crawley	Tring	2
1:02.44	491	H	07/11/09	East Region Winter Champs	Norwich	Tring	2
1:02.55	489	H	06/07/19	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	Co Wakefield	3
1:02.84	482	F	18/11/12	City of Milton Keynes 502400s Open Meet	Milton Keynes	Tring	2
1:02.98	479	H	15/03/08	Sussex County Champs	Crawley	Tring	2
1:03.13	475	F	07/11/09	East Region Winter Champs	Norwich	Tring	2
1:04.19	452		04/02/07	Southampton Sprint Open	Southampton	Tring	2
1:05.72	421	H	22/02/09	Sussex County Champs	Crawley	Tring	2
1:07.48	389	H	03/12/05	Guildford Open Meet	Guildford	Tring	1
1:07.86	382	H	19/02/06	Sussex County Champs	Crawley	Tring	2
1:08.38	374	H	28/05/05	Guildford Open Meet 2005	Guildford	Tring	2
1:25.01	194		03/11/02	Sussex County ASA 50m Meet	Crawley	Tring	2
1:28.59	172		25/11/01	Sussex County Championships	Brighton	Tring	2
1:28.63	171	H	06/01/02	Brighton 18th AG Open Meet	Prince Regent	Tring	2

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