

Individual Best Times (All Time)

Justin Langford - (18118) - Staines Swimming Club - 100 Freestyle - 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
54.07	570	F	05/07/14	Potters Bar SC Summer Open 2014	Potters Bar	Tring	3
54.88	545	F	16/11/14	City of MK Annual 502400's Meet	Milton Keynes	Hemel Hemp	3
54.99	542	H	16/05/10	Hatfield UK Challenge	Hatfield	Tring	2
55.32	532		26/04/08	Littlehampton Qualifier	Portsmouth	Tring	2
55.53	526	H	16/03/08	Sussex County Champs	Crawley	Tring	2
56.62	496	F	14/11/21	Staines SC Club Championships	Spelthorne LC		4
56.74	493	H	12/01/08	Tom Handley Brighton Open	Brighton	Tring	2
57.03	486	H	18/11/06	Haslemere Open Meet	Haslemere	Tring	1
57.08	484	H	13/01/07	Brighton Tom Handley Open	Brighton	Tring	2
57.12	483	H	03/12/06	Guildford Winter Open	Guildford	Tring	1
57.46	475		19/05/07	Hatfield UK Challenge	Hatfield	Tring	1
57.46	475	H	15/07/07	Fareham Nomads Summer Mt L3)	Southampton	Tring	2
57.69	469	H	15/12/07	Beckenham Rising Stars	Bexleyheath	Tring	3
57.78	467	H	07/01/06	Brighton Tom Hadley Mt	Brighton	Tring	2
57.87	465		04/11/06	South East Region Champs	Waterlooville	Tring	1
58.05	460	H	12/03/06	Sussex County Champs	Crawley	Tring	2
58.91	440		22/04/06	Littlehampton Open	Portsmouth	Tring	2
59.22	434	H	19/11/05	Haslemere Open Meet	Haslemere	Tring	1
1:00.19	413	H	04/12/05	Guildford Open Meet	Guildford	Tring	1
1:01.59	385	H	03/07/05	Haslemere Summer Open Meet	Haslemere	Tring	2
1:02.24	373	H	09/01/05	Tom Handley 23rd AG Open Meet	Brighton	Tring	2
1:02.84	363	H	05/12/04	Guildford City Open Meet 2004	Guildford	Tring	2
1:05.21	325	H	04/07/04	Haslemere Summer Open Meet	Haslemere	Tring	2
1:05.69	318	H	21/02/04	Sussex County Championships	Various	Tring	2
1:14.51	217	H	12/01/03	Brighton Age Group Open Meet	Prince Regent	Tring	2
1:16.30	202		23/02/02	Sussex County Championships	Crawley	Tring	2
1:22.55	180		02/02/01	Sussex County Championships	Various	Tring	2

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