

Individual Best Times (All Time)

Justin Langford - (18118) - Staines Swimming Club - 400 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
4:10.14	610	H	14/03/10	Sussex County Champs	Crawley	Tring	2
4:11.59	600		24/01/09	Port Northsea Blue Ribbon	Portsmouth	Tring	1
4:13.76	585	F	15/05/10	Hatfield UK Challenge	Hatfield	Tring	2
4:18.34	554	H	08/11/09	East Region Winter Champs	Norwich	Tring	2
4:22.52	528		24/05/08	Guildford City Last Chance	Guildford	Tring	2
4:24.96	514	H	06/01/08	Icebreaker	Canterbury	Tring	1
4:25.20	512	H	12/04/08	Bexley Short Course Open	Bexleyheath	Tring	2
4:37.31	448		22/04/06	Littlehampton Open	Portsmouth	Tring	2
4:42.80	422		13/04/06	Portsmouth Northsea Open	Portsmouth	Tring	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:13.76	585	F	15/05/10	Hatfield UK Challenge	Hatfield	Tring	2
4:10.14	610	H	14/03/10	Sussex County Champs	Crawley	Tring	2
4:18.34	554	H	08/11/09	East Region Winter Champs	Norwich	Tring	2
4:11.59	600		24/01/09	Port Northsea Blue Ribbon	Portsmouth	Tring	1
4:22.52	528		24/05/08	Guildford City Last Chance	Guildford	Tring	2
4:25.20	512	H	12/04/08	Bexley Short Course Open	Bexleyheath	Tring	2
4:24.96	514	H	06/01/08	Icebreaker	Canterbury	Tring	1
4:37.31	448		22/04/06	Littlehampton Open	Portsmouth	Tring	2
4:42.80	422		13/04/06	Portsmouth Northsea Open	Portsmouth	Tring	1