

Individual Best Times (All Time)

Justin Langford - (18118) - Staines Swimming Club - 100 Breaststroke - 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
1:09.08	512	F	10/02/08	Sussex County Champs	Crawley	Tring	2
1:09.95	493		17/05/08	Hatfield UK Challenge	Hatfield	Tring	1
1:10.11	490	H	10/02/08	Sussex County Champs	Crawley	Tring	2
1:10.39	484		17/05/08	Hatfield UK Challenge	Hatfield	Tring	1
1:10.63	479	H	04/03/19	City of Wakefield Club Championships 2019	Wakefield	Co Wakefield	4
1:10.68	478	H	11/01/09	Tom Handley Memorial Open	Brighton	Tring	2
1:10.89	474		26/04/08	Littlehampton Qualifier	Portsmouth	Tring	2
1:11.36	464	H	15/12/07	Beckenham Rising Stars	Bexleyheath	Tring	3
1:11.59	460		21/11/08	Crawley Club Champs	Crawley	Tring	4
1:12.21	448	F	06/01/08	Icebreaker	Canterbury	Tring	1
1:12.31	446		18/10/09	Southampton James Moreno	Southampton	Tring	2
1:12.72	439	H	14/07/07	Fareham Nomads Summer Mt L3)	Southampton	Tring	2
1:13.07	432	H	13/01/08	Tom Handley Brighton Open	Brighton	Tring	2
1:13.38	427	H	26/03/06	Sussex Schools Champs	Brighton	Tring	2
1:13.68	422	H	06/01/08	Icebreaker	Canterbury	Tring	1
1:13.76	420	H	12/03/06	Sussex County Champs	Crawley	Tring	2
1:14.38	410		19/05/07	Hatfield UK Challenge	Hatfield	Tring	1
1:14.42	409		22/04/06	Littlehampton Open	Portsmouth	Tring	2
1:14.52	408	H	19/11/06	Haslemere Open Meet	Haslemere	Tring	1
1:14.75	404	H	08/01/06	Brighton Tom Hadley Mt	Brighton	Tring	2
1:15.09	398	H	14/01/07	Brighton Tom Handley Open	Brighton	Tring	2
1:15.15	398	H	20/11/05	Haslemere Open Meet	Haslemere	Tring	1
1:15.50	392	H	15/07/06	Fareham Nomads Summer Open	Southampton	Tring	3
1:16.59	376	H	04/12/05	Guildford Open Meet	Guildford	Tring	1
1:16.61	375	F	10/02/08	Sussex County Champs	Crawley	Tring	2
1:16.72	374	H	03/07/05	Haslemere Summer Open Meet	Haslemere	Tring	2
1:17.00	368	H	08/01/06	Tom Handley 2nd AC Open Meet	Brighton	Tring	2

1:17.09	300	H	08/01/05	Tom Handley 23rd AG Open Meet	Brighton	Tring	2
1:17.90	357	H	20/03/05	Sussex Schools Championships	Brighton	Tring	2
1:18.12	354		24/03/05	Portsmouth Northsea Easter Mt	Portsmouth	Tring	2
1:18.40	350	H	05/12/04	Guildford City Open Meet 2004	Guildford	Tring	2
1:18.58	348	F	13/03/05	Sussex County Championships	Crawley	Tring	2
1:18.63	347	H	20/02/05	Sussex County Championships	Crawley	Tring	2
1:20.33	325	H	17/07/04	Fareham Nomads Summer A Meet	Portsmouth	Tring	2
1:20.91	318	H	04/07/04	Haslemere Summer Open Meet	Haslemere	Tring	2
1:21.26	314	H	13/03/05	Sussex County Championships	Crawley	Tring	2
1:21.79	308	H	21/03/04	Sussex Schools Championships	Brighton	Tring	2
1:22.37	302	H	21/02/04	Sussex County Championships	Various	Tring	2
1:23.99	285	H	10/01/04	Tom Handley Brighton Open Meet	Prince Regent	Tring	2
1:34.00	203	H	22/02/03	Sussex County Championships	Crawley	Tring	2
1:34.85	197	H	11/01/03	Brighton Age Group Open Meet	Prince Regent	Tring	2
1:46.32	140		24/03/01	Sussex County championships	Various	Tring	2
1:51.51	121		26/03/00	Sussex County Championships	Various	Tring	2

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