

Individual Best Times (All Time)

Justin Langford - (18118) - Staines Swimming Club - 200 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
2:30.06	513		20/03/08	Portsmouth Northsea Easter	Portsmouth	Tring	1
2:32.59	488		17/05/08	Hatfield UK Challenge	Hatfield	Tring	1
2:33.72	477		24/05/08	Guildford City Last Chance	Guildford	Tring	2
2:35.77	459		07/12/08	Atlantis Xmas Cracker	Horsham	Tring	2
2:37.07	447		21/11/08	Crawley Club Champs	Crawley	Tring	4
2:37.44	444		15/11/08	Haslemere Open Meet	Haslemere	Tring	1
2:37.56	443	H	12/01/08	Tom Handley Brighton Open	Brighton	Tring	2
2:37.71	442		22/04/06	Littlehampton Open	Portsmouth	Tring	2
2:38.74	433	H	07/01/06	Brighton Tom Hadley Mt	Brighton	Tring	2
2:39.02	431		04/11/06	South East Region Champs	Waterlooville	Tring	1
2:39.22	429	H	19/11/06	Haslemere Open Meet	Haslemere	Tring	1
2:39.61	426	H	03/12/06	Guildford Winter Open	Guildford	Tring	1
2:40.91	416	H	18/02/06	Sussex County Champs	Crawley	Tring	2
2:42.78	402		13/04/06	Portsmouth Northsea Open	Portsmouth	Tring	1
2:44.00	393	H	20/11/05	Haslemere Open Meet	Haslemere	Tring	1
2:44.56	389	H	28/05/06	Guildford Spring Open	Guildford	Tring	1
2:46.02	379	H	09/01/05	Tom Handley 23rd AG Open Meet	Brighton	Tring	2
2:47.22	371		24/03/05	Portsmouth Northsea Easter Mt	Portsmouth	Tring	2
2:48.56	362	H	04/12/05	Guildford Open Meet	Guildford	Tring	1
2:57.43	310	H	12/03/05	Sussex County Championships	Crawley	Tring	2
3:02.11	287	H	07/03/04	Sussex County Championships	Various	Tring	2
3:09.99	252	H	10/01/04	Tom Handley Brighton Open Meet	Prince Regent	Tring	2
3:23.36	206	H	11/01/03	Brighton Age Group Open Meet	Prince Regent	Tring	2
3:40.99	160	H	05/01/02	Brighton 18th AG Open Meet	Prince Regent	Tring	2

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