

Individual Best Times (All Time)

Dexter Lam - (849534) - Gravesend & Northfleet SC - 200 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
2:24.70	434	H	25/11/17	Black Lion L3 Winter Open Meet 2017	Medway Park	Black Lion	3
2:25.65	426	F	08/07/17	3rd Beachfield Summer Open	Gillingham	Black Lion	3
2:26.95	415	F	07/07/18	4th Beachfield Summer Open	Gillingham	Black Lion	3
2:28.26	404	H	12/11/17	BLSC Club Championships 2017	Medway Park	Black Lion	4
2:28.40	403	F	15/12/18	Bromley SC Christmas Gold Open Meet 2018	Gillingham	Black Lion	3
2:28.46	402	H	17/02/18	Medway ASA Championships 2018	Gillingham	Black Lion	3
2:28.56	401	H	23/09/18	BLSC Club Championships 2018	Medway Park	Black Lion	4
2:29.14	397	H	03/12/16	Gravesend & Nothfleet Open Meet 2016	Gillingham	Black Lion	3
2:29.79	392	F	16/12/17	Bromley Chrismas Gold Open Meet 2017	Gillingham		3
2:30.56	386	H	14/12/17	BLSC Winter Time Trials 2017	Strood	Black Lion	4
2:31.37	379	H	04/01/17	Black Lion Licensed Time Trials 2017	Strood	Black Lion	4
2:34.06	360	F	09/07/16	Beachfield 2nd Beachfield Summer Open	Gillingham	Black Lion	3
2:34.35	358	H	25/09/16	Black Lion Club Championships	Gillingham	Black Lion	4
2:39.30	325	H	30/04/16	Black Lion L3 Spring Open Meet	Gillingham	Black Lion	3
2:39.43	325	H	20/02/16	Medway ASA Championships 2016	Gillingham	Black Lion	4
2:39.57	324	H	05/12/15	Gravesend & Northfleet Open Meet 2015	Gillingham		3
2:40.68	317	F	20/12/15	Bromley Christmas Gold Open Meet 2015	Gillingham		3
2:42.57	306	H	03/01/16	Dover and Canterbury (Jointly) Icebreaker 2016	Kent	Black Lion	3
2:44.12	298	H	16/12/15	Black Lion Club Time Trials (2)	Strood	Black Lion	4
2:46.60	284	F	11/07/15	Beachfield Swimming Squad Summer Open	Gillingham		3
2:48.65	274	H	03/10/15	Orpington Ojays Season Starter	Gillingham		3
2:52.74	255	H	03/05/15	Black Lion L3 Spring Open Meet 2015	Medway Park		3
2:54.21	249	H	07/02/15	Medway ASA Championships 2015	Gillingham		4

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