

# Individual Best Times (All Time)

Joseph Munden - (944005) - Newham & University of East Lond - 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
2:30.79	384	H	03/11/19	2019 London Region Winter Championships	London	Bo Newham	2
2:31.11	381	F	15/06/19	CMKSC Summer Open Meet Level 3	Bletchley	Bo Newham	3
2:32.04	374	F	13/10/19	NUEL Early County Qualifier Open Meet 2019	London Aquatic Ctr	Bo Newham	3
2:32.95	368	H	19/10/19	Essex Senior Winter Champs	Basildon	Bo Newham	2
2:42.51	307	F	12/11/17	N&UEL Borough Championships & Invitational Meet	East Ham	Bo Newham	4
2:46.02	287	F	25/03/17	LBR Regional Qualifying Meet March 2017	Fullwell Cross	Bo Waltham F	3
2:51.00	263	F	17/12/16	LBRSC Last Chance Qualifying Meet	Fullwell Cross	Bo Waltham F	3
2:52.80	255	F	01/10/16	LBRS Early Chance October Meet	Ilford	Bo Waltham F	3
2:53.69	251	F	05/11/16	DDSC & EDSC Fireworks Meet 2016	Bexleyheath	Bo Waltham F	3
2:55.53	243	F	01/07/16	BWFSC Club Championships	London	Bo Waltham F	4
2:57.62	235	F	26/03/16	LBRSC Last Chance Regional Meet 2016	Fullwell Cross	Bo Waltham F	3
3:11.10	188	H	20/06/15	Thurrock Summer Sprint Meet	Thurrock		3
3:11.97	186	H	18/04/15	Essex & Regional Qualifier	Thurrock		3
3:12.43	184	F	28/03/15	Redbridge March Regional Qualifier	Fullwell Cross	Bo Waltham F	3
3:13.09	183	H	03/10/15	Cambridge L2 Regional & National SC Qualifier	Cambridge		2
3:15.35	176	F	03/07/15	BWFSC Club Championships 2015	London	Bo Waltham F	4
3:30.40	141		20/09/14	Borough of Waltham Forest Club Championships	Walthamstow	Bo Waltham F	4
4:12.57	81	F	03/01/15	London Borough of Redbridge Winter Meet	Barkingside	Bo Waltham F	3
4:34.93	63		14/07/13	Boro of Waltham Forest End of Season	Waltham	Bo Waltham F	3

## Swims in Date Order

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2:30.79	384	H	03/11/19	2019 London Region Winter Championships	London	Bo Newham	2
2:32.95	368	H	19/10/19	Essex Senior Winter Champs	Basildon	Bo Newham	2
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2:31.11	381	F	15/06/19	CMKSC Summer Open Meet Level 3	Bletchley	Bo Newham	3

2:42.51	307	F	12/11/17	N&UEL Borough Championships & Invitational Meet	East Ham	Bo Newham	4
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2:51.00	263	F	17/12/16	LBRSC Last Chance Qualifying Meet	Fullwell Cross	Bo Waltham F	3
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