

Individual Best Times (Masters)

Joseph Lound-Keast - (870405) - Biggleswade SC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
100 Freestyle	1:16.18	232	09/06/18	British Masters Championships 2018	Plymouth	MAS769	0
400 Freestyle	6:25.87	185	09/06/18	British Masters Championships 2018	Plymouth	MAS769	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	33.40	219	18/11/18	Swim England Masters Inter County Competition	Various	MAS811	0
100 Freestyle	1:15.95	205	29/04/19	5th Newmarket Club Masters Open 2018	Newmarket	MAS840	0
200 Freestyle	2:55.16	182	05/03/22	Bracknell Masters Meet	Bracknell	MAS942	0
400 Freestyle	6:13.75	183	17/02/19	Valentine Masters Meet 2019	Kingfisher LP	MAS823	0
800 Freestyle	12:44.75	194	20/05/18	Erith Masters Meet	Erith	MAS762	0
1500 Freestyle	24:18.58	195	27/11/22	Masters 1500 Freestyle Meet	Barnet Cophall	MAS1000	0
50 Breaststroke	44.64	174	18/11/18	Swim England Masters Inter County Competition	Various	MAS811	0
100 Breaststroke	1:37.81	180	17/02/19	Valentine Masters Meet 2019	Kingfisher LP	MAS823	0
200 Breaststroke	3:32.56	180	20/05/18	Erith Masters Meet	Erith	MAS762	0
50 Backstroke	50.00	86	04/07/21	Biggleswade	Saxon	LEX2934	0