

Individual Best Times (All Time)

Joseph Lauda - (1365680) - Repton Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.69	29.00	349	09/04/23	City of Norwich Easter Meet 2023	Norwich	ER230119	1
100 Freestyle	1:06.84	1:05.60	344	11/02/23	Derbyshire ASA County Championships 2023	Derby	EM230182	1
200 Freestyle	2:27.97	2:25.60	327	23/07/22	East Midlands Summer Festival	Derby	EM221414	3
400 Freestyle	4:51.76	4:46.90	429	03/02/24	Derbyshire ASA County Championships 2024	Derby	EM240084	1
50 Breaststroke	32.39	31.40	514	04/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
100 Breaststroke	1:11.68	1:09.90	499	06/04/24	Derby Excel April Meet	Sheffield	EM240430	1
200 Breaststroke	2:32.73	2:29.20	554	20/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
50 Butterfly	30.86	30.20	375	16/02/24	Dubai Open Swimming Championships 2024	Hamdan, Dubai	GBR2265	1
100 Butterfly	1:11.19	1:10.10	335	10/06/23	City of Bradford SC Summer Long Course Meet 2023	Leeds	NE230910	3
50 Backstroke	32.39	31.80	384	08/04/23	City of Norwich Easter Meet 2023	Norwich	ER230119	1
100 Backstroke	1:12.06	1:10.90	367	11/03/23	Derventio eXcel Early March Meet 2023	Sheffield	EM230151	1
200 Backstroke	2:31.63	2:29.40	402	11/02/23	Derbyshire ASA County Championships 2023	Derby	EM230182	1
200 Individual Medley	2:26.30	2:23.60	473	06/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
400 Individual Medley	5:09.92	5:04.20	479	21/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.11	30.80	300	16/09/23	Northampton SC & Co Leicester Sprint Meet 2023	Braunstone	EM231751	4
100 Freestyle	1:04.57	1:05.90	334	26/03/23	Repton Easter Meet 2023	Repton	EM230439	3
200 Freestyle	2:13.72	2:16.30	410	30/09/23	Derbyshire ASA County SC Championships 2023	Matlock	EM231373	2
400 Freestyle	4:40.35	4:45.30	433	07/10/23	Derbyshire ASA County SC Champs 2023 Distance Day	Repton	EM231374	3
50 Breaststroke	33.67	34.60	406	21/10/23	City of Birmingham Winter Open Meet 2023	Birmingham	WM230773	2
100 Breaststroke	1:11.56	1:13.30	460	14/10/23	National Arena Swim League WM Premier Div Rd 1	Perdiswell LC	WM231833	4
200 Breaststroke	2:31.01	2:34.50	503	05/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
50 Butterfly	31.08	31.70	342	16/09/23	Northampton SC & Co Leicester Sprint Meet 2023	Braunstone	EM231751	4
100 Butterfly	1:10.78	1:11.80	307	26/03/23	Repton Easter Meet 2023	Repton	EM230439	3
50 Backstroke	34.20	34.80	270	19/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220031	2
100 Backstroke	1:07.27	1:08.50	370	01/10/23	Derbyshire ASA County SC Championships 2023	Matlock	EM231373	2
200 Backstroke	2:25.75	2:28.00	380	14/09/23	Repton Swimming Early Season Meet 2023	Repton	EM231954	4
200 Individual Medley	2:23.99	2:26.70	441	01/10/23	Derbyshire ASA County SC Championships 2023	Matlock	EM231373	2
400 Individual Medley	5:27.55	5:32.90	368	14/09/23	Repton Swimming Early Season Meet 2023	Repton	EM231954	4
100 Individual Medley	1:07.28	1:07.30	392	16/09/23	Northampton SC & Co Leicester Sprint Meet 2023	Braunstone	EM231751	4