

Individual Best Times (All Time)

Lennart Weiland - (1406591) - Teddington SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.72	29.00	348	23/03/24	Rushmoor Royals Spring L3 LC Open Meet 2024	Aldershot	SE240166	3
100 Freestyle	1:06.67	1:05.40	347	24/03/24	Rushmoor Royals Spring L3 LC Open Meet 2024	Aldershot	SE240166	3
200 Freestyle	2:21.64	2:19.20	373	23/03/24	Rushmoor Royals Spring L3 LC Open Meet 2024	Aldershot	SE240166	3
400 Freestyle	5:07.34	5:02.70	367	27/01/24	2024 Middlesex County Championships	London	LR240186	1
800 Freestyle	10:17.41	10:08.00	392	05/05/24	SE London Region Summer Championships 2024	London	LR240711	1
50 Breaststroke	36.52	35.60	358	27/04/24	SE London Region Summer Championships 2024	London	LR240710	1
100 Breaststroke	1:23.70	1:22.20	313	23/03/24	Rushmoor Royals Spring L3 LC Open Meet 2024	Aldershot	SE240166	3
200 Breaststroke	3:02.43	2:59.50	325	28/04/24	SE London Region Summer Championships 2024	London	LR240710	1
200 Individual Medley	2:41.31	2:38.80	352	28/01/24	2024 Middlesex County Championships	London	LR240186	1
400 Individual Medley	5:40.42	5:35.20	361	04/05/24	SE London Region Summer Championships 2024	London	LR240711	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.76	32.40	255	03/12/23	Teddington Winter County Qualifier Open Meet 2023	Xcel Leisure, Walton	LR231700	3
100 Freestyle	1:08.09	1:09.30	285	02/12/23	Teddington Winter County Qualifier Open Meet 2023	Xcel Leisure, Walton	LR231700	3
200 Freestyle	2:29.88	2:32.20	291	03/12/23	Teddington Winter County Qualifier Open Meet 2023	Xcel Leisure, Walton	LR231700	3
400 Freestyle	5:12.74	5:17.20	312	03/12/23	Teddington Winter County Qualifier Open Meet 2023	Xcel Leisure, Walton	LR231700	3
800 Freestyle	10:54.00	11:02.80	311	21/10/23	Hart SC Distance Meet 2023	Hart	SE232049	3
50 Breaststroke	36.95	37.80	307	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Breaststroke	1:21.61	1:23.10	310	14/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	LR240535	3
200 Breaststroke	3:00.42	3:03.30	295	13/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	LR240535	3
50 Butterfly	40.20	40.70	158	20/05/23	TSC licensed training session for Arena League 23	Hurst Pool	LR231147	4
100 Butterfly	1:42.77	1:43.50	100	30/10/22	Teddington SC Club Championships 2022	Teddington	LR222112	4
200 Butterfly	3:06.46	3:08.20	188	08/10/23	NUEL SC Early County Qualifier Open Meet 2023	Stratford	LR230877	3
50 Backstroke	46.37	46.80	108	21/05/22	TSC Licensed Training Session for Nat Arena League	Hurst Pool	LR221088	4
100 Backstroke	1:23.43	1:24.40	194	25/06/23	Leatherhead SC End of Season Open Meet 2023	Elmbride Xcel	SE230739	3
200 Individual Medley	2:41.30	2:43.70	313	13/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	LR240535	3
400 Individual Medley	5:42.15	5:47.30	323	13/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	LR240535	3
100 Individual Medley	1:18.03	1:18.00	251	13/06/23	Junior Arena League Round 2 2023	Cobham	SE231442	4