

Individual Best Times (All Time)

Jack Friedlein - (1408542) - Maldon Sharks Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.54	26.80	437	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
100 Freestyle	59.69	58.30	483	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
200 Freestyle	2:14.31	2:11.70	438	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
400 Freestyle	4:43.65	4:38.70	467	30/04/23	Swim England East Region LC Championships 2023	Norwich	ER230334	1
800 Freestyle	9:47.69	9:37.80	455	12/01/24	2024 Essex County Age Group Championships	London	ER240054	1
1500 Freestyle	18:58.04	18:39.80	448	23/02/24	2024 Essex County Age Group Championships	London	ER240055	1
50 Breaststroke	50.72	50.10	133	01/02/20	Essex Age Group Championships 2020	London	ER200176	1
50 Backstroke	31.56	30.90	415	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
100 Backstroke	1:09.69	1:08.50	405	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
200 Backstroke	2:30.25	2:28.00	413	21/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.34	27.10	448	24/03/24	BBSC March Madness Regional Qualifier Open Meet 24	Braintree	ER240176	3
100 Freestyle	57.44	58.90	475	24/03/24	BBSC March Madness Regional Qualifier Open Meet 24	Braintree	ER240176	3
200 Freestyle	2:08.67	2:11.30	460	16/04/23	Halstead SC Annual Open Meet 2023	Braintree	ER230217	3
400 Freestyle	4:32.05	4:37.20	474	22/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
800 Freestyle	9:22.62	9:32.80	489	25/11/23	Basildon & Phoenix 800m County/Regional Qualifier	Basildon	ER232297	3
1500 Freestyle	18:04.04	18:22.90	476	03/11/23	SE East Region Short Course Championships 2023	Luton	ER231769	2
50 Breaststroke	37.67	38.50	290	02/07/23	Witham Invitational Summer Festival of Swimming	Witham	ER231144	4
50 Butterfly	32.32	32.90	304	23/06/24	Witham Dolphins Summer Festival of Swimming 2024	Witham	ER240997	4
50 Backstroke	30.92	31.60	365	03/12/23	BBSC & DASC Christmas Cracker Meet 2023	Braintree	ER231878	3
100 Backstroke	1:06.88	1:08.10	377	24/03/24	BBSC March Madness Regional Qualifier Open Meet 24	Braintree	ER240176	3
200 Backstroke	2:24.82	2:27.10	388	03/06/23	Chelmsford City SC Summer Sprints Meet 2023	Riverside	ER230497	3
100 Individual Medley	1:12.04	1:12.00	320	26/11/22	Braintree & Dunmow Atlantis Christmas Cracker 2022	Braintree	ER221818	3