

Individual Best Times (All Time)

Joe Helps - (1415376) - Repton Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.43	24.60	555	05/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
100 Freestyle	56.71	55.20	564	04/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
200 Freestyle	2:05.90	2:03.10	531	21/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
400 Freestyle	4:51.62	4:46.80	429	04/02/23	Derbyshire ASA County Championships 2023	Derby	EM230181	1
50 Breaststroke	44.10	43.40	203	11/12/22	Derbyshire ASA LC Competition 2022 Level 3	Sheffield	EM222034	3
50 Butterfly	31.39	30.80	357	11/03/23	Derventio eXcel Early March Meet 2023	Sheffield	EM230151	1
50 Backstroke	29.35	28.70	516	06/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
100 Backstroke	1:03.88	1:02.60	527	21/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
200 Backstroke	2:21.73	2:19.40	492	10/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
200 Individual Medley	2:25.98	2:23.30	476	06/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.41	26.20	499	04/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
100 Freestyle	56.29	57.80	505	01/10/23	Derbyshire ASA County SC Championships 2023	Matlock	EM231373	2
200 Freestyle	2:05.32	2:08.10	498	21/10/23	City of Birmingham Winter Open Meet 2023	Birmingham	WM230773	2
400 Freestyle	4:31.84	4:37.00	475	14/09/23	Repton Swimming Early Season Meet 2023	Repton	EM231954	4
800 Freestyle	10:07.30	10:16.70	389	22/10/22	City of Leicester Sprint & Distance Meet 2022	Braunstone	EM221731	3
50 Breaststroke	37.21	38.00	301	05/01/24	Repton New Year Meet 2024	Repton	EM240129	3
50 Butterfly	29.36	30.00	406	16/09/23	Northampton SC & Co Leicester Sprint Meet 2023	Braunstone	EM231751	4
100 Butterfly	1:12.65	1:13.70	284	14/09/23	Repton Swimming Early Season Meet 2023	Repton	EM231954	4
50 Backstroke	29.02	29.70	442	04/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
100 Backstroke	1:01.77	1:03.10	478	05/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
200 Backstroke	2:16.77	2:19.20	460	21/10/23	City of Birmingham Winter Open Meet 2023	Birmingham	WM230773	2
200 Individual Medley	2:24.91	2:27.60	433	21/10/23	City of Birmingham Winter Open Meet 2023	Birmingham	WM230773	2
100 Individual Medley	1:05.96	1:06.00	417	16/09/23	Northampton SC & Co Leicester Sprint Meet 2023	Braunstone	EM231751	4