

# Individual Best Times (All Time)

Joshua Rank - (264773) - Windsor SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.23	26.50	452	09/02/14	Wycombe District Annual LC Open Meet	Wycombe	SE4140	1
100 Freestyle	58.72	57.30	508	13/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	SE3309	3
200 Freestyle	2:06.97	2:04.20	518	18/05/13	Northampton Spring Meet 2013	Corby	EM3321	1
400 Freestyle	4:34.47	4:29.30	515	19/05/13	Northampton Spring Meet 2013	Corby	EM3321	1
800 Freestyle	10:55.06	10:46.20	328	21/03/09	Berks & South Bucks Champ	Aldershot	CC9062	2
1500 Freestyle	18:11.89	17:52.80	507	16/03/13	Berkshire & South Buckinghamshire County	Aldershot	CC3037	1
50 Breaststroke	36.18	35.30	368	16/11/13	City of Cardiff Capital Open Meet	Cardiff	WAL532	1
100 Breaststroke	1:25.82	1:24.30	291	31/03/12	Bracknell & Wokingham Level 3 Meet	Aldershot	SE2073	3
200 Breaststroke	3:07.98	3:05.10	297	16/10/11	Wycombe District SC Annual B C Meet	High Wycombe	SE1358	3
50 Butterfly	30.82	30.20	377	17/02/13	Wycombe District Annual LC Open Meet	Wycombe	SE3250	1
100 Butterfly	1:10.61	1:09.50	343	14/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	SE3309	3
50 Backstroke	32.01	31.40	398	16/02/13	Wycombe District Annual LC Open Meet	Wycombe	SE3250	1
100 Backstroke	1:12.94	1:11.80	354	17/11/12	Crawley Not So Early Bird Meet	Crawley	SE2304	1
200 Backstroke	3:06.72	3:04.90	215	14/02/09	Wycombe District Annual	High Wycombe	SE9084	2
200 Individual Medley	2:25.32	2:22.60	482	17/02/13	Wycombe District Annual LC Open Meet	Wycombe	SE3250	1
400 Individual Medley	5:36.73	5:31.50	373	12/02/12	Wycombe District Open Meet 2012	Wycombe	SE2013	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.70	27.50	430	09/03/14	Berkshire & South Buckinghamshire Champs	Maidenhead	CC4021	2
100 Freestyle	57.87	59.30	465	09/03/13	Berkshire & South Buckinghamshire CC	Maidenhead	CC3036	2
200 Freestyle	2:04.99	2:07.70	502	09/03/13	Berkshire & South Buckinghamshire CC	Maidenhead	CC3036	2
400 Freestyle	4:26.00	4:31.20	508	23/03/13	Berkshire & South Buckinghamshire County	Maidenhead	CC3038	2
1500 Freestyle	18:13.95	18:32.60	463	02/04/10	Reading Easter Meet	Reading	SE0100	2
50 Breaststroke	38.22	39.00	278	19/05/12	Windsor SC Level 3 Open Meet	Maidenhead	SE2245	3
100 Breaststroke	1:24.60	1:26.10	278	08/01/12	Black Swan County Qualifier	Staines	SE2030	3
200 Breaststroke	3:00.04	3:03.00	297	07/01/12	Black Swan County Qualifier	Staines	SE2030	3
50 Butterfly	31.76	32.40	321	15/11/12	Windsor SC Club Championships	Windsor	SE2702	4
100 Butterfly	1:12.44	1:13.50	286	01/10/11	Reading Early Season Meet	Reading	SE1568	3
50 Backstroke	32.63	33.20	311	14/07/12	Hillingdon SC Summer Meet	Hayes	LR2394	3
100 Backstroke	1:10.86	1:12.00	317	07/01/12	Black Swan County Qualifier	Staines	SE2030	3
200 Backstroke	2:35.00	2:37.10	316	08/01/12	Black Swan County Qualifier	Staines	SE2030	3
200 Individual Medley	2:29.89	2:32.50	391	15/12/12	Windsor Club Championships	Ascot	SE2703	4
400 Individual Medley	5:18.77	5:24.20	399	16/12/12	Windsor Club Championships	Ascot	SE2703	4
100 Individual Medley	1:11.04	1:11.00	333	19/05/12	Windsor SC Level 3 Open Meet	Maidenhead	SE2245	3