

Individual Best Times (All Time)

Joel Lange - (756338) - University Of Stirling

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.61	28.90	352	05/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	SE150138	1
100 Freestyle	1:01.41	1:00.00	444	16/05/15	ASASER Swimming Championships	Crawley	SE150984	1
200 Freestyle	2:01.10	1:58.20	597	19/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove	SW171274	1
400 Freestyle	4:14.60	4:09.00	645	05/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
800 Freestyle	9:07.27	8:56.60	563	04/05/18	Swim England South East Championships 2018	Wycombe	SE181206	1
1500 Freestyle	16:58.75	16:38.30	625	02/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
50 Breaststroke	31.12	30.10	579	23/03/19	Wycombe Swimming's 4th LC Premier Meet	Wycombe	SE190056	1
100 Breaststroke	1:06.26	1:04.30	632	16/04/19	British Championships 2019	Glasgow	BSW010	1
200 Breaststroke	2:24.06	2:20.40	660	28/07/17	British Summer Championships	Sheffield	BSW002	1
50 Butterfly	33.75	33.20	287	15/11/14	Aquae Sulis Grand Prix	Bristol	SW4483	1
100 Butterfly	1:15.25	1:14.20	283	05/07/14	Rushmoor Royals SC Summer Open Meet	Aldershot	SE4694	3
200 Butterfly	2:19.80	2:17.50	491	04/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
50 Backstroke	34.54	34.00	316	17/05/15	ASASER Swimming Championships	Crawley	SE150984	1
100 Backstroke	1:10.12	1:09.00	398	03/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	SE150138	1
200 Backstroke	2:20.05	2:17.70	510	30/04/17	ASA South East Region Championships 2017	Wycombe	SE170865	1
200 Individual Medley	2:12.10	2:09.10	642	29/07/17	British Summer Championships	Sheffield	BSW002	1
400 Individual Medley	4:42.50	4:36.20	632	19/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove	SW171274	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.77	27.50	427	25/11/17	Maidenhead Olympic Celebration County Qualifier	Maidenhead	SE172256	3
100 Freestyle	55.84	57.30	517	10/11/18	National Arena Swimming League South Round 2	Epsom	SE182659	3
200 Freestyle	1:59.35	2:02.20	577	21/05/16	Maidenhead Level 4 Series	Maidenhead	SE160886	4
400 Freestyle	4:08.63	4:14.20	622	15/01/17	Berks & Sth Bucks ASA 2017 County Championships	Wycombe	SE170068	2
800 Freestyle	11:59.32	12:07.30	234	22/04/11	Reading Easter Open Swim Meet 2011	Reading	SE1154	2
1500 Freestyle	17:06.56	17:26.40	561	24/10/15	Rushmoor Royals Distance Meet	Aldershot	SE151433	2
50 Breaststroke	31.17	32.20	512	02/11/19	Swim England South East Open Junior Championships	Portsmouth	SE192925	2
100 Breaststroke	1:07.42	1:09.30	551	12/10/19	NASL South League Round One	Wycombe	SE192933	3
200 Breaststroke	2:24.47	2:28.10	575	18/12/16	ASA Winter Meet 2016	Sheffield	ASA153	2
50 Butterfly	29.13	29.80	416	25/11/17	Maidenhead Olympic Celebration County Qualifier	Maidenhead	SE172256	3
100 Butterfly	1:00.31	1:01.60	497	14/10/17	NASLS - Round One	High Wycombe	SE172101	3
200 Butterfly	2:16.70	2:19.00	477	19/11/16	Guildford L2 Winter Qualifier Champs	Guildford	SE161280	2
50 Backstroke	29.84	30.50	406	25/11/17	Maidenhead Olympic Celebration County Qualifier	Maidenhead	SE172256	3
100 Backstroke	1:01.06	1:02.40	495	14/10/17	NASLS - Round One	High Wycombe	SE172101	3
200 Backstroke	2:11.17	2:13.70	522	20/11/16	Guildford L2 Winter Qualifier Champs	Guildford	SE161280	2
200 Individual Medley	2:11.86	2:14.80	574	20/11/16	Guildford L2 Winter Qualifier Champs	Guildford	SE161280	2
400 Individual Medley	4:37.71	4:43.90	604	16/12/16	ASA Winter Meet 2016	Sheffield	ASA153	2
100 Individual Medley	1:01.84	1:01.80	506	25/11/17	Maidenhead Olympic Celebration County Qualifier	Maidenhead	SE172256	3