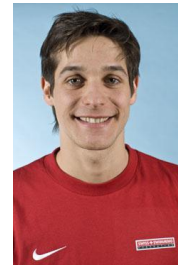




SWISS SWIMMING



Flori LANG Biography

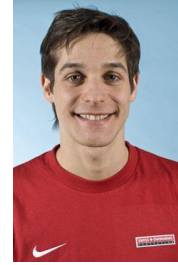
General Information (Last update: March 2012)

Name, Vorname	Lang, Flori
Spitzname (Nickname)	Flori
Geburtsdatum (Date of birth)	30.01.1983
Geburtsort (Place of birth)	Zurich
Wohnort (Place of residence)	Uster, Zurich
Beruf (Occupation)	Student, Swimmer
Grösse (Height)	188
Gewicht (Weight)	76
Heimklub (Home club)	Schwimmclub Uster Wallisellen
Trainingsbad (Training venue)	Hallenbad Oerlikon, Vevey, Montreux, Budapest
Trainer (Coach)	Chris Morgan, Dirk Lange (Beratung)
Meine Disziplin (my events)	50 free/back, 100 free/back
Karriere Höhepunkte (Career highlights)	Olympics 2008, 2 nd Europeans 2008 3 rd European Sc 2003 3 rd European Junior Champ. 2001, Malta
Sponsoren (Sponsors)	- Hauptsponsoren: - Swisscom Fachhändler (www.goldentale.ch), - SportHeart, der Club mit Herz für Sport - Schwimmschule Uster, - Sponsoren: - Spital Wetzikon (Jürg Schneider) - Thomas Boller, Kunsthändler - Frau Ursula N. Weber, - Sandro Bross, Speedo - Gönner: - René Schuster - Winforce AG, Swiss Premium Nutrition
Familienmitglieder (Family members)	1 sister (Sandra Lang)
Zivilstand (Marital status)	
Karriereziel (Swimming career goal)	Final Olympics 2012
Persönliche Ziele (Personal ambition)	Familie, Haus und Hund
Gab es für dich während Deiner Schwimmkarriere irgendwelche Hindernisse? (Have you encountered any obstacles during your swimming career?)	In the past yes, but I'm looking forward.
Hobbys und Interessen (Hobbies and Interests)	Surfing, eating, biking
Lieblingssport ausser Schwimmen (Favourite sport other than swimming)	Surfing
Lieblingsschwimmbad (Favourite pool)	Hallenbad Oerlikon, Hallenbad Uster
In welchem Alter und warum hast du mit dem Schwimmsport begonnen? (When did you start swimming and why?)	In summer we always went to the beach. That's why my granny wanted me to swim. Therefore she took me to the "Muki Schwimmen" in Zollikon.
Wann hattest du deinen ersten Wettkampf?	Before 1990.





SWISS SWIMMING



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(When was your first race?)	
Was war dein bester Wettkampf und warum? (What was your best swim meet ever and why?)	European Champ. 2008 Cause I won my first individual medal and had a magnificent race.
Wie würdest du dich selber beschreiben? (How would you describe yourself?)	Calm, funny, uncomplicated, sometimes moonly, charming
Mein Motto (Notable quote)	Ich kann, was ich will!

Timeline

National Championships (Rank 1 – 3)

International Championships (all Results)

2011

FINA: 14th World Championships, Shanghai (CHN)

8th 50m Rücken (25.15), 31st 50m Freistil (22.80), 34th 100m Freistil (49.86), 40th 100m Rücken (56.40)

LEN: European Short Course Championships, Szczecin (POL)

2nd 50m Rücken (23.57), 8th 100m Rücken (52.65), 10th 50m Freistil (22.07)

Swiss Short Course Championships, Uster (SUI)

1st 50m Rücken (24.26), 1st 50m Delphin (23.66), 1st 100m Rücken (53.48), 1st 50m Freistil (22.32), 2nd 100m Vierlagen (55.59), 2nd 100m Delphin (53.76)

Swiss Championships, Geneva (SUI)

1st 50m Rücken (25.57), 2nd 100m Rücken (57.04), 2nd 50m Delphin (25.10)

2010

LEN: European Short Course Championships, Eindhoven (NED)

8th 50m Delphin (23.56), 2nd 50m Rücken (24.62), 25th 100m Delphin (54.03), 27th 100m Rücken (54.74)

LEN: European Championships, Budapest (HUN)

16th 50m Rücken (25.53)

Swiss Short Course Championships, Lausanne (SUI)

1st 50m Delphin (24.34), 1st 50m Rücken (24.90), 3rd 100m Rücken (55.10), 2nd 100m Vierlagen (57.08)

Swiss Championships, Geneva (SUI)

1st 50m Rücken (25.72)

2009

Swiss Championships, Zuerich (SUI)

1st 50m Backstroke (24.84), 1st 100m Freestyle (49.03), 1st 100m Backstroke (55.36), 2nd 50m Fly (24.37)

2008

LEN: European Short Course Championships, Rijeka (CRO)

4th 50m Backstroke (23.83), 18th 100m Backstroke (53.35), 39th 100m Freestyle (48.85), 42nd 50m Freestyle (22.52)

XXIX Olympic Games, Beijing (CHN)

19th 50m Freestyle (22.27)

FINA: 9th World Short Course Championships, Manchester (GBR)

21st 50m Freestyle (22.24), 24th 100m Backstroke (54.69), 25th 100m Freestyle (49.00)

LEN: European Championships, Eindhoven (NED)

2nd 50m Backstroke (25.18), 21st 100m Backstroke (56.21), 24th 50m Freestyle (23.07)

Swiss Short Course Championships, Lausanne (SUI)

1st 100m Freestyle (49.29), 1st 50m Backstroke (25.09), 1st 100m Backstroke (54.42), 1st 50m Freestyle (22.79)

Swiss Championships, Geneva (SUI)

1st 50m Backstroke (26.05), 2nd 100m Freestyle (50.36), 2nd 100m Backstroke (56.55), 2nd 50m Freestyle (22.96)

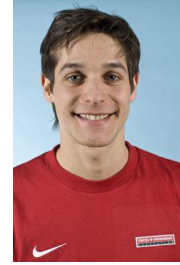
2007

FINA: 12th World Championships, Melbourne (AUS)





SWISS SWIMMING



Flori LANG Biography

9th 50m Backstroke (25.81), 33rd 100m Backstroke (57.10)

LEN: European Short Course Championships, Debrecen (HUN)

8th 50m Backstroke (24.41), 16th 100m Backstroke (53.99), 30th 100m Freestyle (49.32), 32nd 50m Freestyle (22.73)

XXIV Universiade, Bangkok (THA)

12nd 50m Backstroke (26.07), 21st 100m Backstroke (57.07)

Swiss Short Course Championships, Uster (SUI)

1st 50m Backstroke (24.67), 1st 50m Freestyle (22.49), 1st 100m Backstroke (54.30), 2nd 100m Freestyle (49.15)

Swiss Open Championships, Arbon (SUI)

1st 50m Backstroke (26.20)

Swiss Championships, Zurich (SUI)

1st 50m Backstroke (25.34), 2nd 100m Backstroke (56.64), 3rd 100m Freestyle (51.57)

2006

LEN: European Short Course Championships, Helsinki (FIN)

13rd 50m Backstroke (24.97), 22nd 100m Backstroke (54.91)

LEN: European Championships, Budapest (HUN)

9th 50m Backstroke (25.85)

Swiss Short Course Championships, Savosa (SUI)

1st 50m Backstroke (25.44), 2nd 50m Freestyle (23.15), 3rd 100m Freestyle (50.75)

Swiss Championships, Geneva (SUI)

1st 50m Backstroke (25.91), 1st 100m Backstroke (57.24), 3rd 100m Freestyle (51.85), 3rd 50m Fly (25.31)

2005

FINA: 11th World Championships, Montreal (CAN)

11st 50m Backstroke (25.84)

LEN: European Short Course Championships, Trieste (ITA)

10th 50m Backstroke (24.66), 30th 100m Backstroke (54.88)

XXIII Universiade, Izmir (TUR)

6th 50m Backstroke (25.77), 16th 100m Backstroke (58.30)

Swiss Short Course Championships, Lausanne (SUI)

1st 100m Freestyle (50.10), 1st 50m Freestyle (22.80), 2nd 50m Backstroke (25.76), 3rd 100m Backstroke (56.35)

Swiss Championships, Zurich (SUI)

1st 50m Backstroke (25.76), 2nd 100m Backstroke (57.28)

2004

LEN: European Short Course Championships, Vienna (AUT)

4th 50m Backstroke (24.53), 14th 100m Backstroke (53.93), 45th 100m Freestyle (50.36)

LEN: European Championships, Madrid (ESP)

9th 50m Backstroke (26.24), 24th 100m Backstroke (57.71)

Swiss Short Course Championships, Neuchatel (SUI)

1st 50m Backstroke (25.31), 3rd 50m Freestyle (22.97), 3rd 100m Backstroke (56.88)

Swiss Open / Swiss Junior Championships, Kriens (SUI)

1st 50m Backstroke (26.15), 1st 100m Backstroke (57.02)

Swiss Championships, Geneva (SUI)

1st 50m Backstroke (26.25), 1st 100m Backstroke (56.42), 3rd 100m Freestyle (51.76)

2003

FINA: 10th World Championships, Barcelona (ESP)

30th 50m Backstroke (26.46), 39th 100m Backstroke (57.12)

LEN: European Short Course Championships, Dublin (IRL)

14th 50m Backstroke (24.98), 26th 100m Backstroke (54.44), 38th 50m Fly (25.22), 47th 50m Freestyle (23.01)

Swiss Short Course Championships, Uster (SUI)

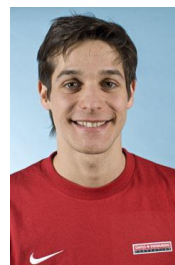
1st 50m Backstroke (25.59), 3rd 100m Backstroke (56.23)

Swiss Championships, Zurich (SUI)





SWISS SWIMMING



Flori LANG Biography

1st 50m Backstroke (25.71), 2nd 100m Backstroke (56.76), 2nd 100m Fly (56.59), 1st 50m Fly (25.02), 2nd 200m Fly(2:04.99)

2002

FINA: 6th World Short Course Championships, Moscow (RUS)

20th 50m Backstroke (25.48), 32nd 100m Backstroke (55.62)

LEN: European Short Course Championships, Riesa (GER)

10th 50m Backstroke (25.08), 16th 100m Backstroke (55.03), 28th 50m Fly (25.24)

LEN: European Championships, Berlin (GER)

10th 50m Backstroke (26.14), 26th 50m Fly (25.35), 29th 100m Backstroke (57.49)

Swiss Championships, Geneva (SUI)

1st 50m Backstroke (26.40), 2nd 50m Fly (25.38), 3rd 100m Fly (56.73)

2001

LEN: European Junior Championships, Malta (GER)

3rd 50m Backstroke (26.84), 6th 50m Fly (25.43), 16th 50m Freestyle (24.22), 20th 100m Fly (57.63),
22nd 100m Freestyle (53.18)

Swiss Championships, Tenero (SUI)

1st 50m Backstroke (26.64), 2nd 50m Fly (25.50)

Swiss Championships, Zurich (SUI)

2nd 50m Fly (25.22), 3rd 50m Backstroke (27.13), 3rd 100m Freestyle (52.70)

2000

LEN: European Short Course Championships, Valencia (ESP)

20th 50m Backstroke (26.14), 21st 100m Backstroke (56.98)

LEN: European Junior Championships, Dunkerque (FRA)

1st 50m Backstroke (27.18), 5th 50m Fly (25.66), 19th 50m Freestyle (24.49), 20th 100m Freestyle
(53.35), 21st 100m Fly (57.97)

Swiss Championships, Vevey (SUI)

3rd 100m Freestyle (52.78), 3rd 50m Freestyle (24.08), 3rd 50m Backstroke (27.98)

Swiss Championships, Geneva (SUI)

3rd 50m Fly (25.54), 3rd 50m Backstroke (27.44)

1999

Swiss Championships, Geneva (SUI)

3rd 100m Backstroke (1:00.05)

Medal table

	Gold	Silver	Bronze	Σ
National medals (Individual)	37	20	19	78
All International medals	-	1	2	3
European LC Championships (55m)	-	1	-	1
European SC Championships (25m)	-	-	1	1
European Junior Championships (50m)	-	-	1	1

Current national record holder in the following events:

Long course (50m)

50 m Freestyle 22.06 (Esbjerg, April 2009)

50 m Backstroke 24,75 (Rom, August 2009)

Short course (25m)

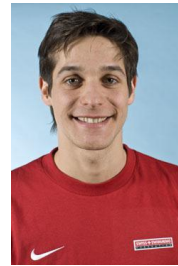
50 Freestyle 21.68 (Neuchâtel, März 2009)

100 Freestyle 47,50 (Neuchâtel, März 2009)





SWISS SWIMMING



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50 m Backstroke 23.57 (Szecin, Dezember 2011)
100 Backstroke 52.19 (Szecin, Dezember 2011)

50 m Fly 23.44 (Savosa, November 2009)
100 m Medley 53.62 (Savosa, November 2009)

