

Individual Best Times (All Time)

Eleanor Benson - (305673) - Elmbridge Phoenix SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.38	37.90	230	13/06/15	Surrey Development Meet 2015	Guildford	LR151509	3
100 Freestyle	1:22.40	1:23.40	226	14/06/15	Surrey Development Meet 2015	Guildford	LR151509	3
200 Freestyle	2:57.47	2:59.40	240	05/12/14	Elmbridge Phoenix Club Champs	Cobham	SE14667	4
400 Freestyle	6:25.00	6:28.60	216	04/12/14	Elmbridge Phoenix Club Champs	Cobham	SE14667	4
50 Breaststroke	51.24	51.90	169	06/12/14	Elmbridge Phoenix Club Champs	Cobham	SE14667	4
100 Breaststroke	1:49.41	1:50.60	185	27/11/15	Elmbridge Phoenix Club Championshios	Walton on Thames	SE152284	4
200 Breaststroke	4:18.79	4:20.80	140	06/12/13	Elmbridge Phoenix SC Club Championships	Walton	SE3992	4
50 Butterfly	45.92	46.30	149	01/11/14	Elmbridge Phoenix Gala	Walton on Thames	SE14476	3
100 Butterfly	2:00.99	2:01.60	89	27/09/13	Kingston Royals SC Club Chams Sprint Gala	Blagdon	LR3883	4
200 Butterfly	3:51.67	3:53.00	137	06/12/14	Elmbridge Phoenix Club Champs	Cobham	SE14667	4
50 Backstroke	46.48	46.90	160	01/11/14	Elmbridge Phoenix Gala	Walton on Thames	SE14476	3
100 Backstroke	1:36.89	1:37.70	181	05/12/14	Elmbridge Phoenix Club Champs	Cobham	SE14667	4
200 Backstroke	3:18.08	3:19.80	216	06/12/14	Elmbridge Phoenix Club Champs	Cobham	SE14667	4
200 Individual Medley	3:28.05	3:29.90	200	01/11/14	Elmbridge Phoenix Gala	Walton on Thames	SE14476	3
100 Individual Medley	1:48.68	1:48.70	140	07/12/13	Elmbridge Phoenix SC Club Championships	Walton	SE3992	4