

Individual Best Times (All Time)

Thomas Benson - (453849) - Halesowen SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.54	36.10	182	05/07/15	Braunstone Sprint Open Meet	Leicester	EM151054	3
100 Freestyle	1:15.08	1:16.20	213	25/11/16	Halesowen Club Championships	Halesowen	WM162276	4
200 Freestyle	2:50.31	2:52.30	198	26/11/16	Halesowen Club Championships	Halesowen	WM162273	4
50 Breaststroke	44.28	45.00	178	05/07/15	Braunstone Sprint Open Meet	Leicester	EM151054	3
100 Breaststroke	1:31.64	1:33.00	219	18/11/16	Halesowen Club Championships	Halesowen	WM162274	4
200 Breaststroke	3:18.27	3:20.90	222	25/11/16	Halesowen Club Championships	Halesowen	WM162276	4
50 Backstroke	43.23	43.70	133	04/10/14	Halesowen Licensed 50m Time Trial	Egbaston	WM14234	4
100 Backstroke	1:22.60	1:23.60	200	26/11/16	Halesowen Club Championships	Halesowen	WM162273	4
200 Backstroke	3:29.27	3:30.90	128	21/11/14	Halesowen Club Championships	Halesowen	WM14236	4
200 Individual Medley	3:02.02	3:04.20	218	19/11/16	Halesowen Club Championships	West Bromwich	WM162275	4
100 Individual Medley	1:30.14	1:30.10	163	05/07/15	Braunstone Sprint Open Meet	Leicester	EM151054	3