

Individual Best Times (All Time)

Benjamin Williams - (1114075) - Wrexham Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.32	34.70	207	20/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3
50 Breaststroke	50.04	49.40	139	20/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3
50 Butterfly	39.01	38.50	186	19/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3
100 Butterfly	1:29.75	1:28.90	167	19/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.56	34.20	216	01/05/16	Wrexham 13th Spring Meet	Wrexham	WL161023	2
100 Freestyle	1:14.31	1:15.40	219	01/05/16	Wrexham 13th Spring Meet	Wrexham	WL161023	2
200 Freestyle	2:43.84	2:46.00	223	30/04/16	Wrexham 13th Spring Meet	Wrexham	WL161023	2
400 Freestyle	5:30.32	5:34.60	265	30/04/16	Wrexham 13th Spring Meet	Wrexham	WL161023	2
50 Breaststroke	49.78	50.40	125	22/11/15	Wrexham 14th Junior Sprint Meet 2015	Wrexham	WL150749	3
100 Breaststroke	1:40.90	1:42.10	164	20/03/16	Wrexham Crystal Meet	Wrexham	WL160951	3
50 Butterfly	37.79	38.30	190	30/04/16	Wrexham 13th Spring Meet	Wrexham	WL161023	2
100 Butterfly	1:22.66	1:23.60	193	01/02/16	Swim Wales North Regional Championships	Llandudno	WL160023	2
50 Backstroke	40.35	40.80	164	30/04/16	Wrexham 13th Spring Meet	Wrexham	WL161023	2
100 Backstroke	1:27.02	1:27.90	171	01/05/16	Wrexham 13th Spring Meet	Wrexham	WL161023	2
200 Backstroke	3:14.82	3:16.50	159	08/12/15	Wrexham Evening Meet	Wrexham	WL152374	3
200 Individual Medley	3:00.16	3:02.30	225	30/04/16	Wrexham 13th Spring Meet	Wrexham	WL161023	2
100 Individual Medley	1:25.53	1:25.50	191	20/03/16	Wrexham Crystal Meet	Wrexham	WL160951	3