

# Individual Best Times (All Time)

Benjamin Green - (1114692) - Watford SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.63	24.80	543	08/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
100 Freestyle	57.02	55.50	555	08/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
200 Freestyle	2:32.61	2:30.30	298	16/04/16	Team Luton April Long Course Meet	Luton	ER160181	1
400 Freestyle	5:22.55	5:18.20	317	11/04/15	Team Luton April Long Course Meet	Luton	ER150341	1
50 Breaststroke	30.23	29.20	632	13/03/22	2022 Wycombe Long Course Premier Meet	High Wycombe	SE220336	1
100 Breaststroke	1:07.45	1:05.60	599	05/04/22	British Championships 2022	Sheffield	BSW020	1
200 Breaststroke	3:04.63	3:01.70	313	15/04/17	Team Luton April Long Course Meet 2017	Luton	ER170348	1
50 Butterfly	27.03	26.30	559	07/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
100 Butterfly	1:14.45	1:13.40	293	29/05/17	ASA East Region Long Course Championships	Norwich	ER170220	1
50 Backstroke	27.39	26.70	635	11/03/22	2022 Wycombe Long Course Premier Meet	High Wycombe	SE220336	1
100 Backstroke	1:01.69	1:00.40	585	12/03/22	2022 Wycombe Long Course Premier Meet	High Wycombe	SE220336	1
200 Backstroke	2:45.81	2:43.80	307	29/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
200 Individual Medley	2:41.66	2:39.20	350	28/05/17	ASA East Region Long Course Championships	Norwich	ER170220	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.87	24.70	602	06/11/21	SE East Region Short Course Championships	Luton	ER211117	2
100 Freestyle	54.04	55.60	571	03/10/21	Hatfield Regional Qualifier	Hatfield	ER210456	3
200 Freestyle	2:05.18	2:07.90	500	26/01/19	SE Hertfordshire County Champs & Age Group Comp	Borehamwood	ER190026	2
400 Freestyle	4:28.77	4:33.90	492	10/11/19	Watford & Hemel Hempstead Club Championships 2019	Hemel Hempstead	ER193149	3
800 Freestyle	9:32.05	9:42.10	465	07/11/18	Watford & Hemel Hempstead SC Joint Club Champs	Hemel Hempstead	ER182510	3
50 Breaststroke	28.61	29.70	663	03/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
100 Breaststroke	1:04.15	1:06.10	639	04/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
200 Breaststroke	2:32.90	2:36.30	485	27/10/19	Team Luton Autumn Short Course Open Meet	Inspire; Luton	ER191555	3
50 Butterfly	25.45	26.20	624	05/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
100 Butterfly	57.68	59.00	568	21/11/21	Watford SC County Qualifier	Garston	ER210535	3
200 Butterfly	2:43.13	2:45.10	281	23/09/17	Hemel Hempstead 200 Fly Fest	Hemel Hempstead	ER171353	3
50 Backstroke	25.92	26.70	620	07/11/21	SE East Region Short Course Championships	Luton	ER211117	2
100 Backstroke	56.99	58.40	609	05/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
200 Backstroke	2:19.36	2:21.70	435	27/01/19	SE Hertfordshire County Champs & Age Group Comp	Borehamwood	ER190026	2
200 Individual Medley	2:07.61	2:10.70	634	08/10/22	National Arena Swimming League-London Rounds 2022	Inspire Luton	ER221793	2
400 Individual Medley	4:57.72	5:03.60	490	11/11/18	Watford & Hemel Hempstead SC Joint Club Champs	Hemel Hempstead	ER182511	3
100 Individual Medley	57.57	57.60	627	06/11/22	SE East Region Short Course Championships 2022	Luton	ER221639	2