

Individual Best Times (All Time)

Benjamin Isherwood - (1122408) - Box Hill SC

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|------------------|---------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 47.84 | 48.30 | 74 | 25/01/14 | Box Hill Club Championships | Guildford | SE4145 | 4 |
| 200 Freestyle | 3:59.86 | 4:01.30 | 71 | 07/06/14 | Box Hill Swim Team Club Championships 2014 | Guildford | SE4521 | 4 |
| 50 Breaststroke | 55.82 | 56.40 | 89 | 24/01/15 | Box Hill Club Championships | Guildford | SE150147 | 4 |
| 100 Breaststroke | 2:07.90 | 2:08.90 | 80 | 15/11/14 | Box Hill Swim Team Club Championships 2014 | Guildford | SE4521 | 4 |
| 200 Breaststroke | 4:09.98 | 4:12.10 | 111 | 24/01/15 | Box Hill Club Championships | Guildford | SE150147 | 4 |
| 50 Backstroke | 53.11 | 53.50 | 72 | 15/11/14 | Box Hill Swim Team Club Championships 2014 | Guildford | SE4521 | 4 |