

Individual Best Times (All Time)

Benjamin Twynham - (1122442) - Derby Excel Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.15	24.30	574	11/03/23	Edinburgh International 2023	Edinburgh	SCO1993	1
100 Freestyle	54.99	53.50	618	21/01/24	Derby Excel New Year Meet 2024	Sheffield	EM240047	1
200 Freestyle	1:57.85	1:54.90	648	07/05/22	SE East Midland Regional Long Course Championships	Sheffield	EM220576	1
50 Breaststroke	36.55	35.70	357	11/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	EM200101	1
100 Breaststroke	1:07.33	1:05.40	602	03/02/24	Derbyshire ASA County Championships 2024	Derby	EM240084	1
50 Butterfly	26.88	26.20	568	11/02/23	Derbyshire ASA County Championships 2023	Derby	EM230182	1
100 Butterfly	59.86	58.60	563	12/02/23	Derbyshire ASA County Championships 2023	Derby	EM230182	1
200 Butterfly	2:34.40	2:32.30	364	19/05/19	SE East Midlands Region Champs 2019 Gala 3	Sheffield	EM191625	1
50 Backstroke	28.57	27.90	560	15/01/23	City of Derby SC 19th LC Open Meet 2023	Sheffield	EM230061	1
100 Backstroke	59.48	58.10	652	24/07/23	British Summer Championships	Sheffield	BSW025	1
200 Backstroke	2:06.62	2:04.00	690	07/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1
200 Individual Medley	2:05.76	2:02.60	744	27/07/23	British Summer Championships	Sheffield	BSW025	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.37	25.20	566	15/06/24	Derby Excel Club Championships 2024	Derby	EM241174	4
100 Freestyle	52.81	54.40	612	20/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220031	2
200 Freestyle	1:54.76	1:57.70	649	26/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220032	2
400 Freestyle	4:16.56	4:22.00	566	25/09/22	The eXcel September Spectacular	Derby	EM221352	2
800 Freestyle	9:22.22	9:32.40	490	19/10/19	City of Derby Long Distance Club Championships	Repton Derbys	EM192473	4
50 Breaststroke	34.47	35.40	379	09/05/21	City of Derby	Queens LC	LEX1038	0
100 Breaststroke	1:04.54	1:06.50	628	25/11/23	Stafford Apex Winter Open Meet 2023	Stafford	WM230889	3
200 Breaststroke	2:49.38	2:52.50	357	16/03/19	Thirty Sixth City of Derby Short Course Open Meet	Matlock	EM190235	3
50 Butterfly	26.70	27.40	540	16/09/23	Derby Excel September Season Opener Meet 2023	Derby	EM231439	2
100 Butterfly	58.50	59.80	544	14/10/23	National Arena Swim League WM Premier Div Rd 1	Perdiswell LC	WM231833	4
200 Butterfly	2:24.00	2:26.20	408	06/06/21	City of Derby	Queens	LEX1588	0
50 Backstroke	27.56	28.30	516	19/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220031	2
100 Backstroke	57.26	58.60	601	05/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
200 Backstroke	2:03.08	2:05.80	632	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Individual Medley	2:02.81	2:06.00	711	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
400 Individual Medley	4:47.85	4:53.90	542	28/10/22	City of Derby SC Long Distance Club Champs 2022	Derby	EM222126	4
100 Individual Medley	58.30	58.30	603	03/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2