

# Individual Best Times (All Time)

Ben Harris - (1133690) - Rushmoor Royals SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.50	34.90	204	11/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3
100 Freestyle	1:26.49	1:25.50	159	11/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3
200 Freestyle	3:22.77	3:21.00	127	11/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3
1500 Freestyle	25:09.40	24:55.60	192	04/12/16	RRSC Club Distance Time Trials Event 2016	Aldershot	SE162550	4
50 Breaststroke	59.29	58.80	83	11/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3
200 Backstroke	3:32.20	3:30.60	146	11/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.54	34.20	217	11/06/16	Tilehurst SC Club Open Meet 2016	Reading	SE161004	3
100 Freestyle	1:17.15	1:18.20	196	11/06/16	Tilehurst SC Club Open Meet 2016	Reading	SE161004	3
50 Breaststroke	49.25	49.90	130	19/09/15	Rushmoor Royals Club Championships	Hart	SE151691	4
50 Butterfly	1:05.99	1:06.30	35	21/12/13	Rushmoor Royals Xmas Novice Gala	Guildford	SE31006	4
50 Backstroke	42.28	42.80	143	11/06/16	Tilehurst SC Club Open Meet 2016	Reading	SE161004	3
100 Backstroke	1:30.87	1:31.80	150	11/06/16	Tilehurst SC Club Open Meet 2016	Reading	SE161004	3
100 Individual Medley	1:26.96	1:27.00	181	11/06/16	Tilehurst SC Club Open Meet 2016	Reading	SE161004	3