

Individual Best Times (All Time)

Ben Cooper - (1140422) - Rotherham Metro SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.58	27.80	391	19/01/20	Rotherham Metro A & B Grade Long Course Meet	Sheffield	NE200092	3
100 Freestyle	1:02.13	1:00.80	429	18/01/20	Rotherham Metro A & B Grade Long Course Meet	Sheffield	NE200092	3
200 Freestyle	2:27.17	2:24.80	332	19/01/19	Rotherham Metro A & B Long Course Graded Meet	Sheffield	NE190112	3
50 Breaststroke	36.39	35.50	362	20/04/19	STOCKSBRIDGE SPRING OPEN MEET 2019	SHEFFIELD	NE190193	3
100 Breaststroke	1:18.48	1:16.90	380	19/01/20	Rotherham Metro A & B Grade Long Course Meet	Sheffield	NE200092	3
200 Breaststroke	2:51.70	2:48.60	390	18/01/20	Rotherham Metro A & B Grade Long Course Meet	Sheffield	NE200092	3
50 Butterfly	37.37	36.90	211	13/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
50 Backstroke	35.11	34.50	301	01/12/18	City of Sheffield Snow Frills Meet 2018	Sheffield	NE180165	3
100 Backstroke	1:16.53	1:15.50	306	19/01/19	Rotherham Metro A & B Long Course Graded Meet	Sheffield	NE190112	3
200 Individual Medley	2:41.51	2:39.00	351	20/01/19	Rotherham Metro A & B Long Course Graded Meet	Sheffield	NE190112	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.13	28.90	368	07/07/19	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE190336	3
100 Freestyle	1:00.83	1:02.20	400	06/07/19	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE190336	3
200 Freestyle	2:22.92	2:25.30	336	22/09/18	Rotherham Metro A & B Short Course Graded Meet	Sheffield	NE180466	3
400 Freestyle	5:09.86	5:14.40	321	15/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
50 Breaststroke	35.29	36.20	353	07/07/19	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE190336	3
100 Breaststroke	1:15.70	1:17.30	389	06/07/19	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE190336	3
200 Breaststroke	2:46.15	2:49.30	378	06/07/19	Rotherham Metro 'A' and 'B' Grade SC Meet	Sheffield	NE190336	3
50 Butterfly	33.30	33.90	278	21/09/19	A and B grade Short Course Meet	Sheffield	NE191454	3
50 Backstroke	33.26	33.90	293	20/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	NE192012	2
100 Backstroke	1:15.34	1:16.40	263	15/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
200 Backstroke	2:42.12	2:44.20	276	15/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
200 Individual Medley	2:36.22	2:38.70	345	20/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
100 Individual Medley	1:09.79	1:09.80	352	21/09/19	A and B grade Short Course Meet	Sheffield	NE191454	3