

Individual Best Times (All Time)

Isobel Benster - (1148003) - Maidenhead ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.02	28.30	538	12/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	SE190015	1
100 Freestyle	1:01.34	1:00.00	599	26/05/18	Swim England South East Championships 2018	Crawley	SE181208	1
200 Freestyle	2:12.57	2:09.90	616	27/05/18	Swim England South East Championships 2018	Crawley	SE181208	1
400 Freestyle	4:45.08	4:40.10	562	26/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	SE190016	1
800 Freestyle	9:58.94	9:49.20	530	12/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	SE190015	1
50 Breaststroke	43.22	42.50	307	07/04/18	Bracknell Wokingham Spring Level 3 Open Meet	Aldershot	SE180410	3
50 Butterfly	30.44	29.80	516	28/05/17	ASA South East Region Championships 2017	Crawley	SE170867	1
100 Butterfly	1:09.27	1:08.20	513	13/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180129	1
200 Butterfly	2:43.53	2:41.60	413	28/01/18	Berks & Sth Bucks County Championships	Wycombe	SE180130	1
50 Backstroke	34.36	33.80	477	03/03/19	Rushmoor Royals Regional Qualifier Open Meet	Aldershot	SE190468	3
100 Backstroke	1:15.79	1:14.70	432	08/04/18	Bracknell Wokingham Spring Level 3 Open Meet	Aldershot	SE180410	3
200 Backstroke	3:44.31	3:42.80	165	29/06/13	Rushmoor Royals Summer Festival	Aldershot	SE3397	3
200 Individual Medley	2:41.15	2:38.70	479	07/04/18	Bracknell Wokingham Spring Level 3 Open Meet	Aldershot	SE180410	3
400 Individual Medley	5:38.00	5:32.80	486	28/05/17	ASA South East Region Championships 2017	Crawley	SE170867	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.79	29.50	505	25/11/17	Maidenhead Olympic Celebration County Qualifier	Maidenhead	SE172256	3
100 Freestyle	1:00.83	1:02.20	563	04/11/18	Swim England South East Open & Junior Champs	Portsmouth	SE182559	2
200 Freestyle	2:10.82	2:13.40	599	03/11/18	Swim England South East Open & Junior Champs	Portsmouth	SE182559	2
400 Freestyle	4:37.14	4:42.20	581	28/04/18	Maidenhead Marlins Level 4 Series meet	MAIDENHEAD	SE181139	4
800 Freestyle	9:43.88	9:53.70	546	11/11/18	Windsor SC Distance Meet	Fleet	SE182428	2
50 Breaststroke	40.17	40.90	352	12/11/17	Windsor L3 Sprint Meet	Maidenhead	SE171629	3
100 Breaststroke	1:27.11	1:28.50	366	02/12/17	Windsor L3 County Chaser Meet	Maidenhead	SE171777	3
200 Breaststroke	3:07.42	3:10.20	370	30/09/18	Maidenhead Marlins County Qualifier Level 3 Meet	Maidenhead	SE181278	3
50 Butterfly	30.86	31.50	493	04/11/18	Swim England South East Open & Junior Champs	Portsmouth	SE182559	2
100 Butterfly	1:07.25	1:08.40	519	14/10/17	NASLS - Round One	High Wycombe	SE172101	3
200 Butterfly	2:37.98	2:40.00	434	02/12/17	Windsor L3 County Chaser Meet	Maidenhead	SE171777	3
50 Backstroke	32.62	33.20	463	02/12/18	Windsor SC Level 3 December Open Meet	Maidenhead	SE182731	3
100 Backstroke	1:12.56	1:13.70	432	28/04/18	Maidenhead Marlins Level 4 Series meet	MAIDENHEAD	SE181139	4
200 Backstroke	2:30.53	2:32.70	493	30/09/18	Maidenhead Marlins County Qualifier Level 3 Meet	Maidenhead	SE181278	3
200 Individual Medley	2:32.77	2:35.30	507	03/12/17	Windsor L3 County Chaser Meet	Maidenhead	SE171777	3
400 Individual Medley	5:18.96	5:24.40	535	03/12/17	Windsor L3 County Chaser Meet	Maidenhead	SE171777	3
100 Individual Medley	1:14.14	1:14.10	442	17/06/17	Maidenhead Marlins L4 Series Meet	Maidenhead	SE171361	4