

Individual Best Times (All Time)

Benjamin Jupp - (1149010) - Harpenden Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.56	27.80	392	17/03/18	Harpenden Frantic Fifties 2018	Luton	ER180338	3
50 Breaststroke	41.32	40.60	247	17/03/18	Harpenden Frantic Fifties 2018	Luton	ER180338	3
50 Butterfly	32.99	32.40	307	17/03/18	Harpenden Frantic Fifties 2018	Luton	ER180338	3
50 Backstroke	34.39	33.80	321	17/03/18	Harpenden Frantic Fifties 2018	Luton	ER180338	3
100 Backstroke	1:20.50	1:19.50	263	14/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.02	28.80	372	17/06/18	CMKSC Summer Open Meet Level 3	Bletchley	SE180991	3
100 Freestyle	1:01.76	1:03.10	382	07/10/18	Harpenden Legacy Meet	Westminster Lodge	ER181485	3
200 Freestyle	2:18.29	2:20.80	371	01/10/17	Harpenden Legacy Open Meet 2017	Borehamwood	ER171248	3
400 Freestyle	6:41.03	6:44.50	148	09/11/14	Barnet Cophall Middle Distance Meet	Barnet	LR14003	2
50 Breaststroke	40.89	41.70	227	18/11/17	CMKSC Autumn Open Meet (Level 3)	Bletchley	SE171633	3
100 Breaststroke	1:36.67	1:38.00	186	25/06/16	Harpenden Club Championships 2016	Hemel Hempstead	ER161502	4
200 Breaststroke	3:29.68	3:32.20	188	21/05/16	Hemel Hempstead 5th Spring Development Meet	Hemel Hempstead	ER160839	3
50 Butterfly	32.13	32.70	310	06/10/18	Harpenden Legacy Meet	Westminster Lodge	ER181485	3
100 Butterfly	1:16.15	1:17.10	247	26/11/17	Hitchin Last Chance County Qualifier	Borehamwood	ER170907	3
200 Butterfly	2:56.78	2:58.60	220	30/09/17	Harpenden Legacy Open Meet 2017	Borehamwood	ER171248	3
50 Backstroke	33.45	34.00	288	17/06/18	CMKSC Summer Open Meet Level 3	Bletchley	SE180991	3
100 Backstroke	1:10.83	1:12.00	317	07/10/18	Harpenden Legacy Meet	Westminster Lodge	ER181485	3
200 Backstroke	2:32.29	2:34.50	333	28/01/18	Hertfordshire County Championships	Borehamwood	ER180357	2
200 Individual Medley	2:48.02	2:50.40	277	01/10/17	Harpenden Legacy Open Meet 2017	Borehamwood	ER171248	3
400 Individual Medley	6:33.97	6:38.40	211	06/02/16	Hertfordshire County Championships	Borehamwood	ER160309	2
100 Individual Medley	1:14.14	1:14.10	293	01/10/17	Harpenden Legacy Open Meet 2017	Borehamwood	ER171248	3