

Individual Best Times (All Time)

Ben Falkingham - (1156001) - Armthorpe & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.54	38.00	159	06/12/14	Borough of Barnsley 19th Annual Christmas Sprint	Sheffield	NE14508	3
50 Breaststroke	56.21	55.60	98	06/12/14	Borough of Barnsley 19th Annual Christmas Sprint	Sheffield	NE14508	3
100 Breaststroke	1:58.62	1:57.50	110	05/12/15	Borough of Barnsley 20th Annual Christmas Sprint	Sheffield	NE152097	3
50 Butterfly	49.14	48.80	93	06/12/14	Borough of Barnsley 19th Annual Christmas Sprint	Sheffield	NE14508	3
50 Backstroke	46.00	45.60	134	05/12/15	Borough of Barnsley 20th Annual Christmas Sprint	Sheffield	NE152097	3
200 Individual Medley	3:48.31	3:46.60	124	01/02/15	Sheffield & District ASA Championships	Sheffield	NE150146	4

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.83	37.40	164	18/09/16	Doncaster Dartes September Sprints	Beverley	NE160581	3
100 Freestyle	1:37.17	1:38.00	98	06/10/13	Doncaster Metropolitan ASA Championship	Doncaster	NE3921	4
50 Breaststroke	52.14	52.70	109	18/09/16	Doncaster Dartes September Sprints	Beverley	NE160581	3
100 Breaststroke	2:07.30	2:08.30	81	06/10/13	Doncaster Metropolitan ASA Individual Champ	Adwick	NE3920	4
50 Butterfly	46.75	47.20	100	18/09/16	Doncaster Dartes September Sprints	Beverley	NE160581	3
50 Backstroke	43.59	44.00	130	18/09/16	Doncaster Dartes September Sprints	Beverley	NE160581	3
100 Individual Medley	1:38.57	1:38.60	124	18/09/16	Doncaster Dartes September Sprints	Beverley	NE160581	3