

Individual Best Times (All Time)

Adam Bennett - (1191905) - Hillingdon Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.99	25.20	520	20/03/22	Team Luton March Long Course Meet 2022	Luton	ER220159	1
100 Freestyle	55.27	53.70	609	16/04/22	City of Norwich SC Easter Meet 2022	Norwich	ER220002	1
200 Freestyle	2:00.70	1:57.80	603	17/04/22	City of Norwich SC Easter Meet 2022	Norwich	ER220002	1
400 Freestyle	4:22.37	4:17.00	590	15/04/22	City of Norwich SC Easter Meet 2022	Norwich	ER220002	1
800 Freestyle	9:16.92	9:06.50	535	15/04/22	City of Norwich SC Easter Meet 2022	Norwich	ER220002	1
50 Breaststroke	36.73	35.90	352	06/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
100 Breaststroke	1:21.99	1:20.40	333	19/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180783	1
200 Breaststroke	2:56.22	2:53.20	361	18/03/18	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE180085	1
50 Butterfly	30.87	30.30	375	20/04/19	Team Luton April Open Meet	Luton	ER190182	1
100 Butterfly	1:50.35	1:49.70	89	19/07/15	Wycombe District End of Season Meet	Wycombe	SE151150	3
50 Backstroke	28.68	28.00	553	01/05/22	SE London Summer Championships 2022	Stratford	LR220486	1
100 Backstroke	59.99	58.60	636	24/07/22	British Summer Championships	Sheffield	BSW022	1
200 Backstroke	2:09.76	2:07.20	641	28/07/22	British Summer Championships	Sheffield	BSW022	1
200 Individual Medley	2:15.71	2:12.80	592	01/05/22	SE London Summer Championships 2022	Stratford	LR220486	1
400 Individual Medley	5:19.62	5:14.10	436	06/04/19	Guildford City Level 1 Spring Open Meet	Surrey Sports Park	SE190010	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.95	25.80	527	24/10/21	Team Luton Autumn Short Course Meet 2021	Luton	ER210437	3
100 Freestyle	53.63	55.20	584	23/10/21	Team Luton Autumn Short Course Meet 2021	Luton	ER210437	3
200 Freestyle	1:55.84	1:58.80	631	24/10/21	Team Luton Autumn Short Course Meet 2021	Luton	ER210437	3
400 Freestyle	4:09.33	4:14.90	616	20/11/21	Guildford City SC L2 Winter Open Meet	Surrey	SE210855	2
800 Freestyle	8:45.67	8:56.50	600	24/10/21	Team Luton Autumn Short Course Meet 2021	Luton	ER210437	3
1500 Freestyle	19:57.72	20:14.80	353	12/11/17	Witney & District Swimming Club	Witney	SE172140	4
50 Breaststroke	33.95	34.90	396	15/06/19	Hillingdon 3rd Maurice & Daphne Memorial Meet	Hillingdon	LR191733	2
100 Breaststroke	1:18.63	1:20.20	347	22/07/18	BPSC End Of Season Meet 2018	Basildon	ER180215	3
200 Breaststroke	2:46.16	2:49.30	378	24/06/18	2nd Maurice and Daphne Short Course Memorial Meet	Hillingdon	LR181148	2
50 Butterfly	27.85	28.50	476	23/10/21	Team Luton Autumn Short Course Meet 2021	Luton	ER210437	3
100 Butterfly	1:03.33	1:04.50	429	02/10/21	Harpenden SC FINIS Legacy Meet	Westminster Lodge	ER210434	3
50 Backstroke	28.39	29.10	472	06/11/21	SE London Winter Championships 2021	London	LR211006	2
100 Backstroke	58.76	1:00.10	556	08/10/22	National Arena Swimming League-London Rounds 2022	Westminster Lodge	ER221796	2
200 Backstroke	2:05.96	2:08.60	589	06/11/21	SE London Winter Championships 2021	London	LR211006	2
200 Individual Medley	2:09.31	2:12.30	609	06/11/21	SE London Winter Championships 2021	London	LR211006	2
400 Individual Medley	5:03.01	5:08.70	465	02/11/19	2019 London Region Winter Championships	London	LR192817	2
100 Individual Medley	1:01.26	1:01.30	520	07/11/21	SE London Winter Championships 2021	London	LR211006	2