

Individual Best Times (All Time)

Benjamin Tunstall - (1249716) - Nova Centurion SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.70	25.90	480	21/01/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240094	1
100 Freestyle	58.49	57.00	514	24/02/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240096	1
200 Freestyle	2:08.84	2:06.10	496	10/03/24	NOVA Centurion March National Qualifier 2024	Nottingham	EM240290	1
400 Freestyle	4:39.89	4:34.80	486	09/03/24	NOVA Centurion March National Qualifier 2024	Nottingham	EM240290	1
50 Breaststroke	36.94	36.10	346	04/02/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240095	1
100 Breaststroke	1:39.40	1:38.10	187	01/02/20	Nottinghamshire ASA County Championships 2020	Nottingham	EM200413	1
200 Breaststroke	3:02.80	2:59.90	323	23/04/23	East Midlands Regional LC Championships 2023	Corby	EM230741	1
50 Butterfly	31.44	30.80	355	04/02/23	Nottinghamshire ASA County Championships 2023	Nottingham	EM230410	1
100 Butterfly	1:11.37	1:10.30	332	09/06/24	NOVA Centurion June Sprint Meet 2024	Nottingham	EM240724	3
50 Backstroke	29.77	29.10	495	06/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
100 Backstroke	1:03.55	1:02.30	535	21/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
200 Backstroke	2:19.64	2:17.20	514	03/02/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240095	1
200 Individual Medley	2:25.19	2:22.50	484	09/03/24	NOVA Centurion March National Qualifier 2024	Nottingham	EM240290	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.02	26.80	465	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Freestyle	56.17	57.60	508	16/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
200 Freestyle	2:04.92	2:07.70	503	17/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
400 Freestyle	4:32.16	4:37.30	474	18/11/23	NOVA Centurion November Meet 2023	Nottingham	EM231063	2
800 Freestyle	10:12.21	10:21.60	379	12/11/23	Bramcote SC Time Trial 2 2023	Bramcote	EM232190	4
50 Breaststroke	37.87	38.70	285	20/11/22	Nova Centurion November Meet	Nottingham	EM220652	2
100 Breaststroke	1:41.09	1:42.30	163	19/10/19	Nova Level 2 SCM October Open Meet	Harvey Hadden	EM192476	2
200 Breaststroke	2:58.79	3:01.70	303	19/11/22	Nova Centurion November Meet	Nottingham	EM220652	2
50 Butterfly	30.79	31.40	352	17/12/22	Swim Wales Winter Championships 2022	Swansea	WL220375	2
100 Butterfly	1:09.08	1:10.20	330	16/07/23	Nottinghamshire A.S.A. Summer Gala 2023	Nottingham	EM231104	3
50 Backstroke	28.50	29.20	466	12/05/24	Bramcote SC 2024 Club Champs	Bramcote	EM240717	4
100 Backstroke	1:01.26	1:02.60	491	12/05/24	Bramcote SC 2024 Club Champs	Bramcote	EM240717	4
200 Backstroke	2:13.78	2:16.20	492	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
200 Individual Medley	2:20.71	2:23.50	472	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
400 Individual Medley	5:05.56	5:11.30	453	12/05/24	Bramcote SC 2024 Club Champs	Bramcote	EM240717	4
100 Individual Medley	1:13.51	1:13.50	301	24/05/22	Bramcote SC Club Championships 2022	Bramcote	EM220649	4