

Individual Best Times (All Time)

Erica Benedetti - (1261034) - Stowmarket SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:11.65	1:10.50	375	19/04/19	CoNSC EASTER MEET 2019	Norwich	ER190358	1
200 Freestyle	2:47.28	2:45.20	307	07/01/18	BWFSC L3 New Year Meet 2018	London	LR180217	3
50 Breaststroke	40.49	39.70	373	31/03/19	Team Luton March Open Meet	Luton	ER190183	1
100 Breaststroke	1:29.51	1:28.10	367	30/03/19	Team Luton March Open Meet	Luton	ER190183	1
200 Breaststroke	3:12.55	3:09.80	364	31/03/19	Team Luton March Open Meet	Luton	ER190183	1
100 Backstroke	1:28.49	1:27.60	271	07/01/18	BWFSC L3 New Year Meet 2018	London	LR180217	3
200 Individual Medley	3:03.62	3:01.50	324	07/01/18	BWFSC L3 New Year Meet 2018	London	LR180217	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.28	31.90	393	23/02/20	Stowmarket Sprint into Spring Open Meet	Stowmarket	ER200543	3
100 Freestyle	1:08.78	1:10.00	389	22/02/20	Stowmarket Sprint into Spring Open Meet	Stowmarket	ER200543	3
200 Freestyle	2:27.67	2:30.00	416	14/12/19	Stowmarket No Frills Open Meet	Stowmarket	ER191851	3
400 Freestyle	5:21.38	5:25.70	372	11/10/19	Stowmarket Club Championships	Stowmarket	ER192841	4
800 Freestyle	11:02.41	11:11.10	374	16/06/19	West Suffolk Swimming Club Long Distance Meet 2019	Bury St Edmunds	ER191828	3
1500 Freestyle	21:57.60	22:13.20	327	25/11/18	WSSC Long Distance Meet 2018	Bury St Edmunds	ER182518	3
50 Breaststroke	38.05	38.90	414	11/06/22	Stowmarket SC Sprint into Summer 2022	Mid Suffolk LC	ER220986	3
100 Breaststroke	1:21.28	1:22.80	451	11/06/22	Stowmarket SC Sprint into Summer 2022	Mid Suffolk LC	ER220986	3
200 Breaststroke	2:59.45	3:02.40	421	15/12/19	Stowmarket No Frills Open Meet	Stowmarket	ER191851	3
50 Butterfly	34.96	35.50	339	20/09/23	Stowmarket SC Club Championships 2023	Stowmarket	ER231905	4
100 Butterfly	1:17.21	1:18.20	343	26/10/20	West Suffolk SC	Culford LC	LEX336	0
200 Butterfly	2:54.01	2:55.80	324	25/01/20	Suffolk ASA County Championships 2020	Ipswich	ER200344	2
50 Backstroke	35.46	36.00	361	11/06/22	Stowmarket SC Sprint into Summer 2022	Mid Suffolk LC	ER220986	3
100 Backstroke	1:16.34	1:17.40	371	11/06/22	Stowmarket SC Sprint into Summer 2022	Mid Suffolk LC	ER220986	3
200 Backstroke	2:42.16	2:44.20	394	12/05/19	The AMAYzing Spring Development Meet	Bury St Edmunds	ER191299	3
200 Individual Medley	2:40.50	2:42.90	437	16/03/19	Colchester Regional Qualifier	Braintree	ER190150	3
400 Individual Medley	5:41.41	5:46.50	436	14/11/19	Stowmarket Club Championships	Stowmarket	ER192842	4
100 Individual Medley	1:15.24	1:15.20	423	23/02/20	Stowmarket Sprint into Spring Open Meet	Stowmarket	ER200543	3