

Individual Best Times (All Time)

Benjamin Coulson - (1314270) - Guernsey Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.79	29.50	343	17/03/24	Guernsey SC Club Champs 2024	Guernsey	SE240748	4
100 Freestyle	1:04.29	1:05.60	339	14/04/24	Guernsey SC Club Champs 2024	Guernsey	SE240750	4
200 Freestyle	2:18.87	2:21.30	366	13/04/24	Guernsey SC Club Champs 2024	Guernsey	SE240749	4
400 Freestyle	4:56.30	5:01.00	367	17/03/24	Guernsey SC Club Champs 2024	Guernsey	SE240748	4
800 Freestyle	10:10.60	10:20.00	382	13/04/24	Guernsey SC Club Champs 2024	Guernsey	SE240749	4
1500 Freestyle	19:35.48	19:52.90	373	16/03/24	Guernsey SC Club Champs 2024	Guernsey	SE240747	4
50 Breaststroke	39.79	40.60	246	02/03/24	Guernsey ASA 50 Sprint Gala 2024	Guernsey	SE240569	3
100 Breaststroke	1:34.82	1:36.10	198	25/09/21	Guernsey ASA 100m Sprint Gala	Guernsey	SE211038	4
200 Breaststroke	4:31.58	4:33.50	86	13/09/17	Rothschilds 200m Series Backstroke & Breaststroke	St Sampsons	SE170593	4
50 Butterfly	32.56	33.10	298	02/03/24	Guernsey ASA 50 Sprint Gala 2024	Guernsey	SE240569	3
50 Backstroke	35.73	36.30	236	02/03/24	Guernsey ASA 50 Sprint Gala 2024	Guernsey	SE240569	3
100 Backstroke	1:20.45	1:21.40	216	25/09/21	Guernsey ASA 100m Sprint Gala	Guernsey	SE211038	4
200 Individual Medley	2:46.50	2:48.90	285	17/03/24	Guernsey SC Club Champs 2024	Guernsey	SE240748	4
100 Individual Medley	1:15.83	1:15.80	274	26/11/23	Guernsey SC Island Swimming Championships 2023	St Sampsons HS	SE232131	3