

Individual Best Times (All Time)

Benjamin Cami - (1393654) - Long Eaton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.72	28.00	385	04/02/24	Derbyshire ASA County Championships 2024	Derby	EM240084	1
100 Freestyle	1:06.28	1:05.00	353	11/02/23	Derbyshire ASA County Championships 2023	Derby	EM230182	1
200 Freestyle	2:28.01	2:25.60	327	11/02/24	Derbyshire ASA County Championships 2024	Derby	EM240092	1
50 Breaststroke	40.24	39.40	268	12/02/23	Derbyshire ASA County Championships 2023	Derby	EM230182	1
50 Butterfly	30.43	29.80	391	10/02/24	Derbyshire ASA County Championships 2024	Derby	EM240092	1
100 Butterfly	1:16.14	1:15.10	273	11/02/24	Derbyshire ASA County Championships 2024	Derby	EM240092	1
50 Backstroke	34.18	33.60	327	01/05/23	East Midlands Regional LC Championships 2023	Derby	EM230742	1
100 Backstroke	1:16.87	1:15.80	302	04/02/24	Derbyshire ASA County Championships 2024	Derby	EM240084	1
200 Individual Medley	2:51.06	2:48.70	295	03/02/24	Derbyshire ASA County Championships 2024	Derby	EM240084	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.69	28.40	385	18/06/23	Retford SC Annual Open Meet 2023	Sheffield	EM230492	3
100 Freestyle	1:03.44	1:04.70	353	25/03/23	City of Derby 39th Open Meet 2023	Matlock	EM230267	3
200 Freestyle	2:23.27	2:25.70	333	30/09/23	Derbyshire ASA County SC Championships 2023	Matlock	EM231373	2
400 Freestyle	5:43.88	5:47.90	235	15/10/21	Long Eaton Club Championships	Long Eaton	EM210919	4
50 Breaststroke	38.53	39.30	271	24/09/23	NOVA Centurion September Sprint Meet 2023	Nottingham	EM231062	3
100 Breaststroke	1:26.74	1:28.20	258	26/03/23	City of Derby 39th Open Meet 2023	Matlock	EM230267	3
50 Butterfly	30.95	31.60	347	30/09/23	Derbyshire ASA County SC Championships 2023	Matlock	EM231373	2
100 Butterfly	1:15.88	1:16.90	249	03/12/22	Chesterfield SC Winter Open Championships 2022	Matlock	EM222543	4
50 Backstroke	32.26	32.90	321	17/09/23	Derby Excel September Season Opener Meet 2023	Derby	EM231439	2
100 Backstroke	1:13.32	1:14.40	286	16/12/23	Derby Excel Christmas Cracker Meet 2023	Derby	EM231879	3
200 Backstroke	2:46.41	2:48.40	255	16/07/23	Long Eaton Club Championships 2023	Long Eaton	EM231099	4
200 Individual Medley	2:41.65	2:44.10	311	16/07/23	Long Eaton Club Championships 2023	Long Eaton	EM231099	4
400 Individual Medley	7:04.97	7:09.10	168	16/10/21	Long Eaton Club Championships	Long Eaton	EM210919	4
100 Individual Medley	1:15.52	1:15.50	277	26/03/23	City of Derby 39th Open Meet 2023	Matlock	EM230267	3