

Individual Best Times (All Time)

Benjamin White - (1548108) - Rushden ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.01	34.40	213	22/06/24	Corby ASC, NV & Rushden 50m Club Champs 2024	Corby	EM241167	4
100 Freestyle	1:18.38	1:17.30	213	24/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
200 Freestyle	2:48.45	2:46.40	222	11/02/24	Northamptonshire ASA County Championships 2024	Corby	EM240158	1
400 Freestyle	5:54.78	5:50.80	238	27/01/24	Northamptonshire ASA County Championships 2024	Corby	EM240156	1
50 Breaststroke	50.11	49.50	138	22/06/24	Corby ASC, NV & Rushden 50m Club Champs 2024	Corby	EM241167	4
100 Breaststroke	2:01.22	2:00.20	103	23/09/23	Corby ASC & Rushden 100m Club Championships 2023	Corby	EM231766	4
200 Breaststroke	4:14.07	4:12.00	120	02/12/23	Corby ASC NV & Rushden 200/400m Club Champs 2023	Corby	EM232183	4
50 Butterfly	43.74	43.30	131	22/06/24	Corby ASC, NV & Rushden 50m Club Champs 2024	Corby	EM241167	4
100 Butterfly	1:42.98	1:42.20	110	23/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
50 Backstroke	46.75	46.30	127	22/06/24	Corby ASC, NV & Rushden 50m Club Champs 2024	Corby	EM241167	4
100 Backstroke	1:45.18	1:44.40	118	23/09/23	Corby ASC & Rushden 100m Club Championships 2023	Corby	EM231766	4
200 Backstroke	3:31.39	3:29.80	148	03/12/23	Corby ASC NV & Rushden 200/400m Club Champs 2023	Corby	EM232183	4
200 Individual Medley	3:37.79	3:36.00	143	24/06/23	Corby ASC NV Rushden 50m Club Championships 2023	Corby	EM230593	4

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.60	36.20	181	27/04/24	Leicester & District SL Winter League 2024 R3	Leicester	EM241171	4
100 Freestyle	1:18.50	1:19.60	186	19/05/24	Hinckley SC Open Meet 2024	Hinckley	EM240488	3
200 Freestyle	2:58.25	3:00.20	173	07/10/23	Corby October SC Open Meet 2023	Corby	EM231519	3
50 Breaststroke	52.34	52.90	108	06/01/24	Northampton SC Time Trials 2024	Corby	EM240205	4
100 Breaststroke	2:04.67	2:05.70	87	24/09/22	Corby ASC NV & Rushden 100m Club Championships 22	Corby	EM221603	4
50 Butterfly	43.12	43.60	128	19/05/24	Hinckley SC Open Meet 2024	Hinckley	EM240488	3
50 Backstroke	46.48	46.90	107	16/09/23	Northamptonshire ASA County SC Competition 2023	Corby	EM231859	3
100 Backstroke	1:47.83	1:48.60	90	24/09/22	Corby ASC NV & Rushden 100m Club Championships 22	Corby	EM221603	4
100 Individual Medley	1:33.05	1:33.10	148	19/05/24	Hinckley SC Open Meet 2024	Hinckley	EM240488	3