

# Individual Best Times (All Time)

Benjamin Robst - (1646041) - Chichester (Cormorant) SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.06	34.50	212	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
100 Freestyle	1:16.38	1:15.30	230	19/05/24	Portsmouth Northsea May Sprint Meet 2024 LC L3	Portsmouth	SE240332	3
50 Breaststroke	49.91	49.30	140	11/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
100 Breaststroke	1:51.72	1:50.60	131	19/05/24	Portsmouth Northsea May Sprint Meet 2024 LC L3	Portsmouth	SE240332	3
50 Butterfly	40.32	39.80	168	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
50 Backstroke	47.30	46.90	123	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.47	35.10	200	07/04/24	Arun Tridents SC Easter Open 2024	Bognor Regis	SE240233	3
100 Freestyle	1:15.86	1:17.00	206	07/04/24	Arun Tridents SC Easter Open 2024	Bognor Regis	SE240233	3
50 Breaststroke	49.41	50.00	128	18/11/23	Chichester Cormorants Club Championships 2023	Portsmouth	SE232490	4
50 Butterfly	39.16	39.60	171	07/04/24	Arun Tridents SC Easter Open 2024	Bognor Regis	SE240233	3
50 Backstroke	46.66	47.10	106	02/12/23	Chichester Cormorants SC Club Championships 2023	Portsmouth	SE232533	4
100 Individual Medley	1:33.86	1:33.90	144	18/11/23	Chichester Cormorants Club Championships 2023	Portsmouth	SE232490	4