

Individual Best Times (All Time)

Benjamin Gilson - (1677394) - Armthorpe & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	43.44	43.00	111	02/03/24	Worksop Dolphins The Dukeries Open Meet 2024	Sheffield	EM240326	3
50 Breaststroke	1:00.92	1:00.40	77	02/03/24	Worksop Dolphins The Dukeries Open Meet 2024	Sheffield	EM240326	3
50 Butterfly	53.52	53.20	72	02/03/24	Worksop Dolphins The Dukeries Open Meet 2024	Sheffield	EM240326	3
50 Backstroke	51.46	51.10	95	02/03/24	Worksop Dolphins The Dukeries Open Meet 2024	Sheffield	EM240326	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	43.00	43.50	103	15/06/24	Team Jorvik Viking Sprints 2024	Leeds	NE240721	3
50 Breaststroke	57.56	58.10	81	17/03/24	Beverley Barracudas Spring Equinox Meet 2024	Beverley	NE240513	3
50 Butterfly	50.01	50.40	82	15/06/24	Team Jorvik Viking Sprints 2024	Leeds	NE240721	3
50 Backstroke	48.77	49.20	93	15/06/24	Team Jorvik Viking Sprints 2024	Leeds	NE240721	3
100 Individual Medley	1:41.81	1:41.80	113	15/06/24	Team Jorvik Viking Sprints 2024	Leeds	NE240721	3