

# Individual Best Times (All Time)

Carl Manuel Bendanillo - (1700301) - Norwich Swan SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.29	35.70	191	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Freestyle	1:22.74	1:21.70	181	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
200 Freestyle	3:01.36	2:59.40	177	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
400 Freestyle	6:24.99	6:21.30	186	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Breaststroke	53.43	52.80	114	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Breaststroke	2:00.44	1:59.40	105	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Butterfly	50.27	49.90	86	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Butterfly	1:55.81	1:55.10	77	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Backstroke	43.21	42.70	161	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Backstroke	1:34.29	1:33.40	163	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
200 Backstroke	3:23.97	3:22.30	165	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
200 Individual Medley	3:34.70	3:32.80	149	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.06	35.70	190	30/06/24	Swim England Norfolk County Challenge 2024	Dereham	ER240999	3
100 Freestyle	1:19.57	1:20.60	178	29/06/24	Swim England Norfolk County Challenge 2024	Dereham	ER240999	3
200 Freestyle	2:49.04	2:51.10	203	30/06/24	Swim England Norfolk County Challenge 2024	Dereham	ER240999	3
400 Freestyle	6:24.42	6:28.10	168	24/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
50 Breaststroke	53.28	53.90	102	25/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
100 Breaststroke	1:53.31	1:54.40	116	24/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
200 Breaststroke	4:08.69	4:10.80	112	25/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
50 Butterfly	47.06	47.50	98	30/06/24	Swim England Norfolk County Challenge 2024	Dereham	ER240999	3
50 Backstroke	44.96	45.40	118	23/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
100 Backstroke	1:32.75	1:33.60	141	29/06/24	Swim England Norfolk County Challenge 2024	Dereham	ER240999	3
200 Individual Medley	3:25.23	3:27.10	152	29/06/24	Swim England Norfolk County Challenge 2024	Dereham	ER240999	3
100 Individual Medley	1:34.78	1:34.80	140	30/06/24	Swim England Norfolk County Challenge 2024	Dereham	ER240999	3