

Individual Best Times (All Time)

Nathan Bentley - (278389) - Team Luton Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.68	24.90	539	16/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	NE150169	1
100 Freestyle	55.11	53.60	614	12/04/15	Team Luton April Long Course Meet	Luton	ER150341	1
200 Freestyle	1:56.93	1:53.90	663	04/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
400 Freestyle	4:11.06	4:05.40	673	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	NE150169	1
1500 Freestyle	16:49.94	16:29.30	641	08/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
50 Breaststroke	52.79	52.20	118	22/11/08	Ealing Graded Meet	Ealing	LR8518	4
200 Breaststroke	2:53.09	2:50.00	380	03/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	ERX201	1
50 Butterfly	50.69	50.30	84	22/11/08	Ealing Graded Meet	Ealing	LR8518	4
100 Butterfly	1:08.41	1:07.30	377	10/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	ERX201	1
200 Butterfly	2:18.54	2:16.20	505	14/03/15	Edinburgh International 2015	Edinburgh	SCO954	1
50 Backstroke	29.14	28.40	527	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
100 Backstroke	1:04.30	1:03.00	516	04/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
200 Backstroke	2:23.24	2:20.90	477	02/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	ERX201	1
200 Individual Medley	2:19.26	2:16.40	548	10/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	EM150072	1
400 Individual Medley	5:00.39	4:54.50	526	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.49	25.30	557	11/07/15	Hatfield Summer Spectacle	Hatfield	ER151035	3
100 Freestyle	52.97	54.50	606	07/12/14	ASA East Region Winter Championships	Luton	ERX432	2
200 Freestyle	1:55.23	1:58.20	641	06/12/14	ASA East Region Winter Championships	Luton	ERX432	2
400 Freestyle	4:05.61	4:11.20	645	07/12/14	ASA East Region Winter Championships	Luton	ERX432	2
1500 Freestyle	16:45.57	17:05.80	597	01/12/12	ASA East Region Winter Championships	Cambridge	ERX231	2
50 Breaststroke	34.42	35.30	380	28/09/14	Hatfield Club Championships	Hatfield	ER14124	4
100 Breaststroke	1:16.86	1:18.50	372	21/09/15	Hatfield Club Championships 2015	Hatfield	ER151700	4
200 Breaststroke	2:49.41	2:52.50	356	29/04/12	City of Milton Keynes Spring Open Meet	Bletchley	SE2057	2
50 Butterfly	27.99	28.70	469	25/06/16	Hatfield Golden Jubilee Gala	Hatfield	ER161180	2
100 Butterfly	1:01.70	1:02.90	464	21/09/15	Hatfield Club Championships 2015	Hatfield	ER151700	4
200 Butterfly	2:12.84	2:15.20	520	16/11/14	Team Luton Autumn Short Course Meet	Luton	ER14436	2
50 Backstroke	27.52	28.20	518	08/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
100 Backstroke	1:01.20	1:02.50	492	21/03/15	Hertfordshire County Championships	Borehamwood	CC150273	2
200 Backstroke	2:14.83	2:17.30	480	21/09/14	Hatfield Club Championships	Hatfield	ER14123	4
200 Individual Medley	2:18.02	2:20.80	501	14/09/14	Hatfield Club Championships	Hatfield	ER14074	4
400 Individual Medley	4:43.66	4:49.80	567	15/11/14	Team Luton Autumn Short Course Meet	Luton	ER14436	2
100 Individual Medley	1:02.29	1:02.30	495	25/06/16	Hatfield Golden Jubilee Gala	Hatfield	ER161180	2