

# Individual Best Times (All Time)

**Benedict Esdale - (358080) - City of Canterbury SC**

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.65	26.90	432	05/05/12	British Gas South East Youth Championship	Crawley	SER214	1
50 Breaststroke	38.19	37.40	313	07/05/11	Beckenham International Open Meet	London	LR1175	1
100 Breaststroke	1:23.43	1:21.90	316	07/05/11	Beckenham International Open Meet	London	LR1175	1
100 Backstroke	1:14.88	1:13.80	327	07/05/11	Beckenham International Open Meet	London	LR1175	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.09	27.80	412	08/01/12	Icebreaker 2012	Canterbury	SE2072	3
100 Freestyle	1:01.00	1:02.40	397	22/05/11	Black Lion Open Meet	Gillingham	SE1305	2
200 Freestyle	2:13.04	2:15.60	416	21/04/12	Black Lion SC Level 3 Spring Open Meet	Gillingham	SE2264	3
50 Breaststroke	35.79	36.70	338	21/04/12	Black Lion SC Level 3 Spring Open Meet	Gillingham	SE2264	3
100 Breaststroke	1:18.64	1:20.20	347	21/04/12	Black Lion SC Level 3 Spring Open Meet	Gillingham	SE2264	3
200 Breaststroke	3:01.49	3:04.40	290	16/09/12	Canterbury SC Club Championships	Canterbury	SE2682	4
50 Butterfly	33.05	33.60	285	16/09/12	Canterbury SC Club Championships	Canterbury	SE2682	4
50 Backstroke	34.23	34.80	269	14/09/12	Canterbury SC Club Championships	Canterbury	SE2682	4
100 Backstroke	1:13.75	1:14.80	281	15/09/12	Canterbury SC Club Championships	Canterbury	SE2682	4
200 Backstroke	2:39.95	2:42.00	288	16/09/12	Canterbury SC Club Championships	Canterbury	SE2682	4
200 Individual Medley	2:44.03	2:46.40	298	21/11/10	Gravesend & Northfleet Meet	Gillingham	SE0478	2
100 Individual Medley	1:10.34	1:10.30	343	21/04/12	Black Lion SC Level 3 Spring Open Meet	Gillingham	SE2264	3