

Individual Best Times (All Time)

Benjamin Whitbourn - (393080) - Dereham & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.51	25.70	490	07/12/13	ASA East Regionals Winter Championships	Norwich	ERX328	1
100 Freestyle	56.89	55.40	558	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
200 Freestyle	2:10.01	2:07.30	482	02/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	ER3634	1
400 Freestyle	5:46.38	5:42.30	256	02/06/07	East Region BAGCAT Champs	Norwich	ERX719	1
800 Freestyle	11:15.67	11:07.00	299	16/02/08	Norfolk County Champs	Norwich	CC8096	2
100 Breaststroke	1:19.66	1:18.10	364	03/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	ER3634	1
50 Butterfly	29.91	29.30	412	02/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	ER3634	1
100 Butterfly	1:38.33	1:37.60	127	09/06/07	ASA East Region Bagcats	Norwich	ERX720	1
200 Butterfly	3:44.10	3:42.70	119	10/06/07	ASA East Region Bagcats	Norwich	ERX720	1
50 Backstroke	31.03	30.40	437	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
100 Backstroke	1:05.52	1:04.30	488	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
200 Backstroke	2:22.91	2:20.60	480	03/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	ER3634	1
200 Individual Medley	2:29.34	2:26.70	444	31/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
400 Individual Medley	6:53.06	6:48.80	202	10/06/07	ASA East Region Bagcats	Norwich	ERX720	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.36	26.20	502	06/12/14	ASA East Region Winter Championships	Luton	ERX432	2
100 Freestyle	54.87	56.40	545	07/12/14	ASA East Region Winter Championships	Luton	ERX432	2
200 Freestyle	2:02.88	2:05.70	528	06/12/14	ASA East Region Winter Championships	Luton	ERX432	2
400 Freestyle	4:28.44	4:33.60	494	08/07/14	Dereham & District Roger Virgo Distance Event	Dereham	ER4893	4
50 Breaststroke	33.76	34.70	403	23/11/14	Dereham Otters Annual Gala	Dereham	ER14642	3
100 Breaststroke	1:13.88	1:15.60	418	07/03/15	Norfolk County Championships	Thetford	CC150391	2
200 Breaststroke	2:46.01	2:49.20	379	04/07/14	Dereham Otters Annual Gala	Dereham	ER4892	4
50 Butterfly	28.52	29.20	443	22/06/14	Norfolk County Challenge Gala 2014	Dereham	ER4581	3
100 Butterfly	1:06.08	1:07.20	378	17/11/13	Dereham Annual Gala	Dereham	ER3996	4
200 Butterfly	2:32.59	2:34.60	343	18/11/13	Dereham Annual Gala	Dereham	ER3996	4
50 Backstroke	29.28	30.00	430	28/02/15	Norfolk County Championships	Thetford	CC150389	2
100 Backstroke	1:02.12	1:03.40	470	01/03/15	Norfolk County Championships	Thetford	CC150389	2
200 Backstroke	2:16.27	2:18.70	465	02/07/14	Dereham & District Roger Virgo Distance Event	Dereham	ER4891	4
200 Individual Medley	2:20.25	2:23.00	477	11/07/14	Dereham & District Roger Virgo Distance Event	Dereham	ER4894	4
400 Individual Medley	6:54.78	6:59.00	181	20/01/07	City of Cambridge	Cambridge	ER7002	2
100 Individual Medley	1:03.91	1:03.90	458	16/11/14	Dereham Otters Annual Gala	Dereham	ER14641	3