

Individual Best Times (All Time)

Ben Friar - (411127) - Team Ipswich Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	34.88	34.00	411	17/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
100 Breaststroke	1:27.41	1:26.00	275	08/12/12	London Arena League Final	Basildon	ER2810	1
50 Backstroke	32.41	31.80	383	17/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.85	27.60	423	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Freestyle	1:08.53	1:09.70	280	17/11/12	Teamipswich Club Championships	Ipswich	ER2803	4
200 Freestyle	2:26.82	2:29.20	310	24/11/13	Teamipswich Club Championships	Ipswich	ER31012	4
400 Freestyle	5:38.98	5:43.10	245	21/03/10	Suffolk County Champs	Ipswich	CC0052	2
50 Breaststroke	33.68	34.60	406	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Breaststroke	1:22.66	1:24.20	299	13/07/14	Teamipswich SC July Surprize Open	Ipswich	ER4352	3
200 Breaststroke	3:01.65	3:04.50	289	03/11/13	Teamipswich Swimming November Open Meet	Ipswich	ER3536	3
50 Butterfly	38.03	38.50	187	06/03/11	Suffolk County Championships	Ipswich	CC1033	2
100 Butterfly	1:18.58	1:19.50	224	17/11/12	Teamipswich Club Championships	Ipswich	ER2803	4
50 Backstroke	31.63	32.30	341	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Backstroke	1:16.26	1:17.30	254	28/10/12	Teamipswich 14th Open Meet	Ipswich	ER2595	2
200 Backstroke	2:46.10	2:48.10	257	23/06/13	Suffolk County Development Championships	Newmarket	ER3232	3
200 Individual Medley	2:43.64	2:46.00	300	18/01/14	Teamipswich January Last Chance Meet	Ipswich	ER4112	3
100 Individual Medley	1:22.07	1:22.10	216	06/03/11	Suffolk County Championships	Ipswich	CC1033	2