

Individual Best Times (All Time)

Benjamin Trout - (43694) - City Of Oxford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.18	24.30	572	23/02/13	BUCS Long Course 2013	Sheffield	BUC007	1
100 Freestyle	55.57	54.00	599	29/07/09	British Gas Youth Champs	Sheffield	ASA093	1
200 Freestyle	2:06.53	2:03.80	523	04/10/09	Crawley LC Opportunity Mt	Crawley	SE9444	3
400 Freestyle	4:35.24	4:30.10	511	04/06/06	South East Region Age Gps	Crawley	SER616	1
800 Freestyle	9:26.04	9:15.70	509	11/06/06	South East Region BAGCATS	Crawley	SER617	1
1500 Freestyle	18:12.77	17:53.70	506	10/06/06	South East Region BAGCATS	Crawley	SER617	1
100 Breaststroke	1:21.31	1:19.70	342	01/04/07	Bexley Long Course Meet	Crystal Palace	LR7010	2
50 Butterfly	26.05	25.30	624	29/07/09	British Gas Youth Champs	Sheffield	ASA093	1
100 Butterfly	1:00.95	59.70	534	22/11/09	Crawley Not So Early Bird	Crawley	SE9115	1
50 Backstroke	29.50	28.80	508	08/05/10	ASA SE Region Youth Champs	Portsmouth	SER021	1
100 Backstroke	1:04.58	1:03.30	510	21/11/09	Crawley Not So Early Bird	Crawley	SE9115	1
200 Backstroke	2:23.94	2:21.60	470	21/11/09	Crawley Not So Early Bird	Crawley	SE9115	1
200 Individual Medley	2:30.00	2:27.30	438	15/04/07	Crawley Spring LC Meet	Crawley	SE7009	1
400 Individual Medley	5:29.96	5:24.60	396	14/04/06	Crawley Spring Meet	Crawley	SE6123	2

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.30	25.10	571	07/12/13	BUCS Short Course 2013	Sheffield	BUC008	2
100 Freestyle	53.95	55.50	574	07/03/09	Sussex County Champs	Crawley	CC9076	2
200 Freestyle	2:09.33	2:12.00	453	05/11/06	South East Region Champs	Waterlooville	SER627	1
400 Freestyle	4:31.46	4:36.60	477	05/01/07	Dover & Canterbury Meet	Kingsmead	SE7008	2
800 Freestyle	9:24.13	9:34.30	485	19/03/06	Sussex County Champs	Hastings	CC6035	2
1500 Freestyle	17:41.40	18:00.60	507	05/01/07	Dover & Canterbury Meet	Kingsmead	SE7008	2
50 Breaststroke	36.69	37.50	314	25/02/07	Sussex County Champs	Crawley	CC7040	2
100 Breaststroke	1:16.10	1:17.70	383	21/04/07	Littlehampton Qualifier	Portsmouth	SE7087	2
50 Butterfly	25.80	26.50	599	08/12/13	BUCS Short Course 2013	Sheffield	BUC008	2
100 Butterfly	58.69	1:00.00	539	21/02/09	Sussex County Champs	Crawley	CC9075	2
50 Backstroke	28.06	28.80	489	08/11/09	South East Winter Champs	Aldershot	SER929	2
100 Backstroke	1:00.57	1:01.90	508	07/11/09	South East Winter Champs	Aldershot	SER929	2
200 Backstroke	2:23.10	2:25.40	402	17/11/07	Haslemere Open Meet	Haslemere	SE7043	1
200 Individual Medley	2:22.55	2:25.30	454	21/11/08	Crawley Club Champs	Crawley	SE8508	4
400 Individual Medley	5:24.78	5:30.10	377	17/03/07	Sussex County Champs	Crawley	CC7042	2
100 Individual Medley	1:06.27	1:06.30	411	13/03/10	Sussex County Champs	Crawley	CC0036	2