

Individual Best Times (All Time)

Benjamin Sarsfield - (505560) - Biggleswade SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.74	26.00	478	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
100 Freestyle	59.43	58.00	490	06/02/22	Bedfordshire ASA County Championships	Luton	ER220013	1
200 Freestyle	2:12.53	2:09.90	455	03/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
400 Freestyle	4:42.62	4:37.60	472	05/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
50 Breaststroke	37.86	37.00	322	27/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180274	1
100 Breaststroke	1:23.41	1:21.90	317	04/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1
50 Butterfly	29.11	28.50	447	28/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
100 Butterfly	1:06.87	1:05.70	404	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
50 Backstroke	31.91	31.30	401	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
100 Backstroke	1:09.60	1:08.40	407	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
200 Backstroke	2:39.22	2:37.10	347	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
200 Individual Medley	2:37.88	2:35.40	376	04/08/16	Swim Wales Summer Nationals	Swansea	WL160020	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.78	26.60	478	05/11/22	SE East Region Short Course Championships 2022	Luton	ER221639	2
100 Freestyle	57.58	59.00	472	06/11/16	East Swimming 2016 SC Championships	Luton	ER161979	2
200 Freestyle	2:08.53	2:11.20	462	30/10/16	Flitwick Dolphins Open Meet 2016	Biggleswade	ER161067	3
400 Freestyle	4:32.42	4:37.50	472	18/06/16	Biggleswade 17th Open Meet	Biggleswade	ER160949	3
1500 Freestyle	19:44.92	20:02.20	365	02/11/14	Biggleswade Club Championships	Biggleswade	ER4863	4
50 Breaststroke	35.42	36.30	349	12/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	ER170456	2
100 Breaststroke	1:18.57	1:20.20	348	12/03/16	Mid Beds Swim Squad Level 2 Open Meet	Biggleswade	ER160410	2
200 Breaststroke	3:11.30	3:14.00	247	20/09/14	Biggleswade SC Club Championships 2014	Biggleswade	ER4862	4
50 Butterfly	28.42	29.10	448	11/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	ER170456	2
100 Butterfly	1:05.57	1:06.70	386	15/07/17	Jeanne Barker July Open Meet	Cambridge	ER170266	3
200 Butterfly	2:41.91	2:43.90	287	03/09/16	Biggleswade Club Championships	Biggleswade	ER161709	4
50 Backstroke	30.62	31.30	376	19/06/16	Biggleswade 17th Open Meet	Biggleswade	ER160949	3
100 Backstroke	1:07.93	1:09.10	360	03/10/15	Biggleswade SC 2015 Club Championships	Biggleswade	ER152031	4
200 Backstroke	2:32.05	2:34.20	335	24/10/15	Flitwick Dolphins Open Meet 2015	Biggleswade	ER150962	3
200 Individual Medley	2:29.83	2:32.40	391	18/06/16	Biggleswade 17th Open Meet	Biggleswade	ER160949	3
100 Individual Medley	1:10.53	1:10.50	341	11/09/21	Biggleswade SC 2021 Club Championships	Biggleswade	ER210205	4