

Individual Best Times (All Time)

Ben Trott - (515533) - Flitwick Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.10	27.30	412	08/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
100 Freestyle	1:01.16	59.80	449	08/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
200 Freestyle	3:27.62	3:25.90	118	12/07/08	C of Coventry Graded Open	Coventry	WM8123	3
50 Breaststroke	48.27	47.60	155	10/07/10	Co Coventry Graham Sykes	Coventry	WM0203	3
200 Breaststroke	4:11.25	4:09.10	124	12/07/08	C of Coventry Graded Open	Coventry	WM8123	3
50 Butterfly	30.33	29.70	395	07/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
50 Backstroke	32.94	32.30	365	21/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
100 Backstroke	1:09.44	1:08.30	410	07/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
200 Backstroke	2:38.80	2:36.70	350	07/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
200 Individual Medley	2:32.59	2:30.00	417	21/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.87	28.60	378	03/03/13	Bedfordshire County Championships	Luton	CC3022	2
100 Freestyle	58.90	1:00.30	441	25/10/14	Flitwick Dolphins Open Meet	Biggleswade	ER14075	3
200 Freestyle	2:11.77	2:14.40	428	26/10/14	Flitwick Dolphins Open Meet	Biggleswade	ER14075	3
400 Freestyle	4:54.79	4:59.50	373	24/11/12	Flitwick Dolphins Club Championships	Flitwick	ER2704	4
800 Freestyle	12:11.15	12:19.00	223	26/11/10	Flitwick Dolphins Club Championships	Various	ER0754	4
1500 Freestyle	19:56.69	20:13.80	354	16/11/12	Flitwick Dolphins Club Championships	Bedford	ER2698	4
50 Breaststroke	37.13	38.00	303	23/11/14	Flitwick Dolphins Club Championships	Flitwick	ER4802	4
100 Breaststroke	1:22.65	1:24.20	299	16/03/13	Bedfordshire County Championships	Luton	CC3024	2
200 Breaststroke	3:02.53	3:05.40	285	17/11/12	Flitwick Dolphins Club Championships	Flitwick	ER2704	4
50 Butterfly	29.93	30.60	383	08/03/14	Bedfordshire Age Group & County Champs	Luton	CC4031	2
100 Butterfly	1:08.77	1:09.90	335	19/01/14	Biggleswade SC 15th Open Meet	Biggleswade	ER4051	3
200 Butterfly	2:40.37	2:42.30	295	23/11/14	Flitwick Dolphins Club Championships	Flitwick	ER4802	4
50 Backstroke	30.85	31.50	368	22/03/14	Bedfordshire Age Group & County Champs	Luton	CC4033	2
100 Backstroke	1:06.71	1:07.90	380	08/03/14	Bedfordshire Age Group & County Champs	Luton	CC4031	2
200 Backstroke	2:26.20	2:28.50	377	25/10/14	Flitwick Dolphins Open Meet	Biggleswade	ER14075	3
200 Individual Medley	2:25.35	2:28.00	429	22/03/14	Bedfordshire Age Group & County Champs	Luton	CC4033	2
400 Individual Medley	5:18.96	5:24.40	398	02/03/13	Bedfordshire County Championships	Luton	CC3022	2
100 Individual Medley	1:08.69	1:08.70	369	29/06/14	WSC Terry Davies Alternative Nationals	Watford	ER4475	3