

Individual Best Times (All Time)

Ben Johnstone - (551660) - Falkirk Otters ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	40.27	39.70	139	01/05/11	City of Glasgow Open Age Group Meet	Glasgow	SCO517	1
100 Freestyle	1:04.44	1:03.10	384	01/03/14	SASA West District Open SAG Champs	East Kilbride	SCO814	1
200 Freestyle	2:15.06	2:12.50	430	11/05/14	2014 SASA West District LC OAG Championship	East Kilbride	SCO838	1
400 Freestyle	5:10.29	5:05.70	356	30/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
50 Breaststroke	32.35	31.40	516	07/02/16	Derwentio Excel February Festival 2016	Sheffield	EM160047	1
100 Breaststroke	1:10.55	1:08.70	524	12/03/16	Edinburgh International Meet	Edinburgh	SCO1099	1
200 Breaststroke	2:36.25	2:32.80	517	13/03/16	Edinburgh International Meet	Edinburgh	SCO1099	1
100 Butterfly	1:31.65	1:30.80	157	10/02/13	2013 SASA District JAG LC Championships	East Kilbride	SCO696	1
100 Backstroke	1:15.85	1:14.80	314	01/03/14	SASA West District Open SAG Champs	East Kilbride	SCO814	1
200 Backstroke	2:28.71	2:26.50	426	27/06/15	Scottish National Open Championships	Glasgow	SCO1005	1
200 Individual Medley	2:21.77	2:19.00	519	28/05/16	East District Open & Grand Prix	Edinburgh	SCO1132	1
400 Individual Medley	4:57.90	4:52.00	539	11/03/16	Edinburgh International Meet	Edinburgh	SCO1099	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.68	28.40	386	25/10/15	DCA Autumn Open Meet	Dundee	SCO1030	2
100 Freestyle	59.38	1:00.80	430	01/05/16	Dumfries & FIRST Spring Meet	Bellshill	SCO1119	2
200 Freestyle	2:06.36	2:09.10	486	25/10/15	DCA Autumn Open Meet	Dundee	SCO1030	2
400 Freestyle	4:32.06	4:37.20	474	24/01/15	FIRST Open Meet	Bathgate	SCO928	2
50 Breaststroke	31.95	32.90	476	11/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
100 Breaststroke	1:09.09	1:10.90	512	12/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
200 Breaststroke	2:31.19	2:34.60	502	13/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
50 Butterfly	32.35	32.90	303	30/11/14	Cumbernauld Winter Open Meet	Cumbernauld	SCO915	2
100 Butterfly	1:07.85	1:09.00	349	04/09/16	Central Swimming Championships 2016	Grangemouth	SCO1167	2
200 Butterfly	2:37.92	2:39.90	309	24/01/15	FIRST Open Meet	Bathgate	SCO928	2
50 Backstroke	31.95	32.60	331	01/05/16	Dumfries & FIRST Spring Meet	Bellshill	SCO1119	2
100 Backstroke	1:07.23	1:08.40	371	04/09/16	Central Swimming Championships 2016	Grangemouth	SCO1167	2
200 Backstroke	2:20.84	2:23.20	421	09/01/16	FIRST Open Meet 2016	Bathgate	SCO1067	2
200 Individual Medley	2:21.88	2:24.60	461	24/10/15	DCA Autumn Open Meet	Dundee	SCO1030	2
400 Individual Medley	4:53.00	4:58.90	514	05/11/16	North District Open Championships	Inverness	SCO1193	1
100 Individual Medley	1:06.83	1:06.80	400	09/01/16	FIRST Open Meet 2016	Bathgate	SCO1067	2