

# Individual Best Times (All Time)

Benjamin Speakman - (747636) - Braintree & Bocking SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
200 Freestyle	3:28.10	3:26.40	117	02/10/11	Crawley SC Long Course Opportunity Meet	Crawley	SE1507	3
200 Breaststroke	4:23.27	4:21.20	108	02/10/11	Crawley SC Long Course Opportunity Meet	Crawley	SE1507	3
200 Individual Medley	4:10.55	4:09.00	94	02/10/11	Crawley SC Long Course Opportunity Meet	Crawley	SE1507	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.94	32.60	251	15/02/15	Essex County Age Group Championships 2015	Basildon	CC150045	2
100 Freestyle	1:18.46	1:19.50	186	23/10/14	Braintree & Bocking Club Championships	Braintree	ER14356	4
200 Freestyle	2:49.05	2:51.10	203	11/05/13	Braintree & Bocking Spring Festival Meet	Braintree	ER3170	3
400 Freestyle	6:03.93	6:07.80	198	24/10/14	Braintree & Bocking Club Championships	Braintree	ER14356	4
1500 Freestyle	24:07.66	24:21.90	200	14/11/14	Braintree & Bocking Club Championships	Braintree	ER14358	4
50 Breaststroke	45.49	46.20	164	26/10/14	Braintree & Bocking Club Championships	Braintree	ER14357	4
100 Breaststroke	1:38.97	1:40.20	174	16/11/14	Braintree & Bocking Club Championships	Braintree	ER14359	4
200 Breaststroke	3:38.53	3:40.90	166	12/05/13	Braintree & Bocking Spring Festival Meet	Braintree	ER3170	3
50 Butterfly	36.41	36.90	213	23/10/14	Braintree & Bocking Club Championships	Braintree	ER14356	4
100 Butterfly	1:34.40	1:35.20	129	10/05/14	Braintree & Bocking Spring Festival	Braintree	ER4398	3
200 Butterfly	4:22.68	4:23.90	67	22/11/11	Braintree & Bocking SC Club Championships	Braintree	ER1461	4
50 Backstroke	39.71	40.20	172	13/04/14	Halstead 5th Annual Open Meet	Halstead	ER4264	3
100 Backstroke	1:32.02	1:32.90	144	26/10/14	Braintree & Bocking Club Championships	Braintree	ER14357	4
200 Backstroke	3:15.46	3:17.20	157	23/10/14	Braintree & Bocking Club Championships	Braintree	ER14356	4
200 Individual Medley	3:16.57	3:18.60	173	23/10/14	Braintree & Bocking Club Championships	Braintree	ER14356	4
400 Individual Medley	7:13.88	7:17.90	158	26/10/14	Braintree & Bocking Club Championships	Braintree	ER14357	4
100 Individual Medley	1:28.94	1:28.90	170	07/09/13	Halstead SC Season Sprint Starter	Braintree	ER3670	3