

Individual Best Times (All Time)

Benjamin Iain DUHERIC - (748850) - Warrender Baths Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:01.99	1:00.60	431	15/01/15	SASA East District Age Group Championships	Edinburgh	SCO927	1
200 Freestyle	2:10.12	2:07.40	481	07/02/16	Derwentio Excel February Festival 2016	Sheffield	EM160047	1
100 Breaststroke	1:23.47	1:21.90	316	14/01/15	SASA East District Age Group Championships	Edinburgh	SCO927	1
50 Butterfly	29.62	29.00	425	05/02/16	Derwentio Excel February Festival 2016	Sheffield	EM160047	1
100 Butterfly	1:02.73	1:01.50	489	07/07/17	Scottish Summer Meet	Edinburgh	SCO1321	1
200 Butterfly	2:17.01	2:14.70	522	16/07/16	Scottish Summer Meet	Aberdeen	SCO1157	1
50 Backstroke	32.35	31.70	385	22/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
100 Backstroke	1:09.16	1:08.00	415	25/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
200 Backstroke	2:27.43	2:25.20	437	06/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Individual Medley	2:24.78	2:22.00	488	23/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
400 Individual Medley	5:25.22	5:19.80	414	05/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.07	27.80	413	29/10/16	Carngie Winter Open Meet	Glenrothes	SCO1190	2
100 Freestyle	58.36	59.80	453	30/10/16	Carngie Winter Open Meet	Glenrothes	SCO1190	2
200 Freestyle	2:04.90	2:07.60	503	15/01/17	East District Age Groups Round 2	Edinburgh	SCO1236	1
400 Freestyle	4:26.89	4:32.10	502	26/11/16	East District Age Groups Championships	Glenrothes	SCO1206	1
1500 Freestyle	17:58.21	18:17.20	484	03/10/15	SASA East District SC Time Trial	Prestonpans	SCO1022	2
50 Breaststroke	37.79	38.60	287	11/10/15	WBC Club Championships 2015 Weekend	Glenrothes	SCO1033	2
100 Breaststroke	1:22.61	1:24.10	299	14/06/14	Cumbernauld Summer Open 2014	Cumbernauld	SCO861	2
200 Breaststroke	2:50.34	2:53.40	351	31/01/15	North Ayrshire 200 Meet	Auchenharvie	SCO933	2
50 Butterfly	30.18	30.80	374	17/05/15	Swim West Lothian IM Tough 2015	West Lothian	SCO990	2
100 Butterfly	1:03.32	1:04.50	429	29/10/16	Carngie Winter Open Meet	Glenrothes	SCO1190	2
200 Butterfly	2:15.10	2:17.40	494	10/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
50 Backstroke	32.36	33.00	318	15/06/14	Cumbernauld Summer Open 2014	Cumbernauld	SCO861	2
100 Backstroke	1:08.33	1:09.50	353	09/11/14	Ren 96 Open Meet	Renfrew	SCO906	2
200 Backstroke	2:22.46	2:24.80	407	14/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
200 Individual Medley	2:22.86	2:25.60	451	15/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
400 Individual Medley	5:11.43	5:17.00	428	09/11/14	Ren 96 Open Meet	Renfrew	SCO906	2
100 Individual Medley	1:11.07	1:11.10	333	13/10/13	Hearts & Best Premier Age Group Meet	Prestonpans	SCO773	2