

# Individual Best Times (All Time)

Ben Hardy - (770203) - Alnwick Dolphin SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:18.87	1:17.80	209	06/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
200 Freestyle	2:46.17	2:44.10	231	12/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
50 Breaststroke	45.24	44.50	188	06/01/13	City of Sunderland New Year Meet	Sunderland	NE3092	3
100 Breaststroke	1:43.27	1:42.00	167	07/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
100 Butterfly	1:37.30	1:36.50	131	12/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
50 Backstroke	37.84	37.30	241	12/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
200 Individual Medley	3:26.86	3:24.90	167	07/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.11	33.70	225	09/11/13	Alnwick Dolphins Time Trials	Alnwick	NE31015	4
100 Freestyle	1:13.60	1:14.70	226	20/10/13	Durham City ASC Medley Challenge	Durham	NE3817	3
200 Freestyle	2:48.33	2:50.40	205	07/04/13	Tynedale ASC Invitational Meet	Tynedale	NE3423	3
400 Freestyle	6:05.80	6:09.60	195	27/01/13	North East Invitational Meet	Hexham	NE3240	3
800 Freestyle	12:21.32	12:29.10	214	20/04/13	Alnwick Dolphins Time Trials & Club Champs	Alnwick	NE3517	4
50 Breaststroke	45.73	46.40	162	24/02/13	Derwentside ASC Development Meet	Stanley	NE3217	3
100 Breaststroke	1:33.73	1:35.10	205	20/10/13	Durham City ASC Medley Challenge	Durham	NE3817	3
200 Breaststroke	3:21.82	3:24.40	211	09/11/13	Alnwick Dolphins Time Trials	Alnwick	NE31015	4
50 Butterfly	38.45	38.90	181	09/11/13	Alnwick Dolphins Time Trials	Alnwick	NE31015	4
100 Butterfly	1:33.70	1:34.50	132	20/10/13	Durham City ASC Medley Challenge	Durham	NE3817	3
50 Backstroke	36.28	36.80	226	09/11/13	Alnwick Dolphins Time Trials	Alnwick	NE31015	4
100 Backstroke	1:18.90	1:19.90	229	20/10/13	Durham City ASC Medley Challenge	Durham	NE3817	3
200 Backstroke	3:31.79	3:33.40	124	14/10/12	Tynemouth ASC Autumn Gala	Tynemouth	NE2379	3
200 Individual Medley	3:03.88	3:06.00	211	20/10/13	Durham City ASC Medley Challenge	Durham	NE3817	3
100 Individual Medley	1:32.17	1:32.20	152	14/10/12	Tynemouth ASC Autumn Gala	Tynemouth	NE2379	3