

Individual Best Times (All Time)

Ben Whitaker - (790419) - Stanway SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.14	30.80	299	15/04/12	Halstead 3rd Short Course Open Meet	Braintree	ER2214	3
100 Freestyle	1:12.66	1:13.80	235	25/09/10	Bishops Stortford Autumn	Braintree	ER0407	3
200 Freestyle	2:33.92	2:36.20	269	25/09/10	Bishops Stortford Autumn	Braintree	ER0407	3
400 Freestyle	5:32.15	5:36.40	260	26/06/10	Sudbury & District Open	Sudbury	ER0437	4
800 Freestyle	12:05.19	12:13.10	228	14/10/11	Deben SC Open Meet	Woodbridge	ER1336	3
50 Breaststroke	41.96	42.70	210	04/07/10	Braintree & Bocking	Braintree	ER0027	3
100 Breaststroke	1:26.65	1:28.10	259	15/04/12	Halstead 3rd Short Course Open Meet	Braintree	ER2214	3
50 Butterfly	35.79	36.30	224	15/04/12	Halstead 3rd Short Course Open Meet	Braintree	ER2214	3
50 Backstroke	38.09	38.60	195	04/07/10	Braintree & Bocking	Braintree	ER0027	3
100 Backstroke	1:20.46	1:21.50	216	25/09/10	Bishops Stortford Autumn	Braintree	ER0407	3
200 Backstroke	3:00.17	3:02.00	201	26/06/10	Sudbury & District Open	Sudbury	ER0437	4
100 Individual Medley	1:18.25	1:18.30	249	15/10/11	Deben SC Open Meet	Woodbridge	ER1336	3