

# Individual Best Times (All Time)

William Debenham - (805710) - Stowmarket SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.26	27.50	405	23/05/15	ASA East Region Summer Championships	Norwich	ER150673	1
100 Freestyle	1:11.58	1:10.40	280	02/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	ER3634	1
200 Freestyle	2:35.38	2:33.10	282	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
1500 Freestyle	21:34.59	21:18.50	304	15/02/14	Suffolk County ASA County Championships	Norwich	CC4082	1
50 Butterfly	39.70	39.20	176	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
50 Backstroke	41.04	40.50	188	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
100 Backstroke	1:22.37	1:21.40	245	02/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	ER3634	1
200 Individual Medley	3:01.80	2:59.60	246	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.71	28.50	385	29/11/15	Stowmarket SC Club Championships 2015	Stowmarket	ER151926	4
100 Freestyle	1:01.75	1:03.10	382	12/07/15	Teamipswich July Surprize Open 2015	Ipswich	ER150801	3
200 Freestyle	2:17.64	2:20.10	376	15/03/15	Suffolk County Championships	Ipswich	CC150049	2
400 Freestyle	5:06.65	5:11.20	331	21/03/15	Suffolk County Championships	Ipswich	CC150050	2
1500 Freestyle	20:23.08	20:39.90	331	14/02/15	Suffolk County Championships	Norwich	CC150047	2
50 Breaststroke	36.89	37.70	309	29/11/15	Stowmarket SC Club Championships 2015	Stowmarket	ER151926	4
100 Breaststroke	1:21.45	1:23.00	312	12/07/15	Teamipswich July Surprize Open 2015	Ipswich	ER150801	3
200 Breaststroke	3:00.78	3:03.70	293	10/05/15	West Suffolk Spring Development Meet	Bury St Edmunds	ER150126	3
50 Butterfly	30.63	31.20	358	29/11/15	Stowmarket SC Club Championships 2015	Stowmarket	ER151926	4
100 Butterfly	1:13.18	1:14.20	278	10/05/15	West Suffolk Spring Development Meet	Bury St Edmunds	ER150126	3
50 Backstroke	33.77	34.40	280	12/07/15	Teamipswich July Surprize Open 2015	Ipswich	ER150801	3
100 Backstroke	1:12.76	1:13.90	293	07/03/15	Suffolk County Championships	Ipswich	CC150048	2
200 Backstroke	2:37.84	2:39.90	299	15/03/15	Suffolk County Championships	Ipswich	CC150049	2
200 Individual Medley	2:38.47	2:40.90	331	14/11/15	Stowmarket SC Club Championships 2015	Stowmarket	ER151925	4
400 Individual Medley	5:36.56	5:41.70	339	14/03/15	Suffolk County Championships	Ipswich	CC150049	2
100 Individual Medley	1:09.75	1:09.80	352	12/07/15	Teamipswich July Surprize Open 2015	Ipswich	ER150801	3