

Individual Best Times (All Time)

Danielle Benn - (808804) - Elmbridge Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.42	26.60	638	10/08/14	BG ASA Youth & MC Championships 2014	Sheffield	ASA135	1
100 Freestyle	58.86	57.40	678	06/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
200 Freestyle	2:09.39	2:06.70	663	05/08/14	BG ASA Youth & MC Championships 2014	Sheffield	ASA135	1
400 Freestyle	4:35.93	4:30.80	620	02/03/14	British Gas Surrey Age Group Championships	Guildford	CC4050	1
800 Freestyle	9:39.09	9:29.00	586	01/03/14	British Gas Surrey Age Group Championships	Guildford	CC4050	1
1500 Freestyle	19:42.17	19:24.60	472	19/02/11	Surrey County Championships	Guildford	CC1036	1
50 Butterfly	29.35	28.70	576	31/01/15	London Swimming South Region Zonal Meet 2015	London Aquatic Cent	LR150017	1
100 Butterfly	1:03.90	1:02.70	654	18/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE4255	1
200 Butterfly	2:22.70	2:20.50	621	21/02/15	Surrey Age Group Championships	Guildford	CC150302	1
50 Backstroke	31.03	30.40	648	28/02/15	Surrey Age Group Championships	Crystal Palace	CC150303	1
100 Backstroke	1:06.62	1:05.40	637	28/07/15	British Summer Championships	Sheffield	ASA141	1
400 Individual Medley	5:19.17	5:13.60	578	02/03/14	British Gas Surrey Age Group Championships	Guildford	CC4050	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.56	28.30	575	06/12/14	ASA South East Region Championships	Portsmouth	SER428	2
100 Freestyle	57.48	58.90	668	22/03/14	BG Surrey County Championships	Guildford	CC4053	2
200 Freestyle	2:05.75	2:08.50	675	08/03/14	British Gas Surrey Age Group Championships	Guildford	CC4051	2
400 Freestyle	4:38.32	4:43.30	573	13/01/14	Elmbridge Phoenix Club Championships	Walton	SE4158	4
800 Freestyle	9:35.64	9:45.60	570	14/01/14	Elmbridge Phoenix Club Championships	Walton	SE4158	4
1500 Freestyle	19:52.62	20:09.80	441	12/12/10	Elmbridge Phoenix Champs	Walton	SE0703	4
50 Breaststroke	38.34	39.20	405	08/12/13	Elmbridge Phoenix SC Club Championships	Walton	SE3992	4
100 Breaststroke	1:22.75	1:24.30	427	08/03/14	British Gas Surrey Age Group Championships	Guildford	CC4051	2
50 Butterfly	29.47	30.10	566	24/11/13	Guildford County Qualifier Meet	Guildford	SE3252	3
100 Butterfly	1:02.60	1:03.80	643	14/02/15	Surrey Age Group Championships	Guildford	CC150301	2
200 Butterfly	2:20.62	2:22.80	615	07/12/14	ASA South East Region Championships	Portsmouth	SER428	2
50 Backstroke	30.61	31.30	561	06/12/14	ASA South East Region Championships	Portsmouth	SER428	2
100 Backstroke	1:04.77	1:06.00	608	16/03/14	British Gas Surrey Age Group Championships	Guildford	CC4052	2
200 Backstroke	2:24.16	2:26.50	561	08/12/13	Elmbridge Phoenix SC Club Championships	Walton	SE3992	4
200 Individual Medley	2:24.32	2:27.00	602	15/03/14	British Gas Surrey Age Group Championships	Guildford	CC4052	2
400 Individual Medley	5:17.78	5:23.30	541	03/12/14	Elmbridge Phoenix Club Champs	Cobham	SE14667	4
100 Individual Medley	1:09.87	1:09.90	529	08/12/14	Elmbridge Phoenix Club Champs	Cobham	SE14667	4