

# Individual Best Times (All Time)

Ben Wilson - (830806) - Biggleswade SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.62	25.80	484	31/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
100 Freestyle	58.53	57.10	513	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
200 Freestyle	2:09.39	2:06.70	489	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
50 Butterfly	29.53	28.90	428	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
50 Backstroke	30.65	30.00	453	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
100 Backstroke	1:09.21	1:08.00	414	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
200 Backstroke	2:28.25	2:26.00	430	18/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
200 Individual Medley	2:34.22	2:31.60	403	31/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.16	26.90	457	09/02/13	Biggleswade Club Championships	Biggleswade	ER3343	4
100 Freestyle	56.73	58.20	493	03/03/13	Bedfordshire County Championships	Luton	CC3022	2
200 Freestyle	2:04.28	2:07.00	511	16/03/13	Bedfordshire County Championships	Luton	CC3024	2
400 Freestyle	4:28.48	4:33.70	494	14/07/12	Biggleswade Club Championships	Biggleswade	ER2584	4
1500 Freestyle	19:20.08	19:37.70	389	08/11/11	Biggleswade SC Club Championships	Biggleswade	ER1424	4
50 Breaststroke	34.22	35.10	387	02/03/13	Bedfordshire County Championships	Luton	CC3022	2
100 Breaststroke	1:15.96	1:17.60	385	14/07/13	City of Cambridge Summer Open Meet	Cambridge	ER3459	3
200 Breaststroke	2:50.80	2:53.90	348	21/04/13	Newmarket & District SC Fifth Open Meet	Newmarket	ER3123	3
50 Butterfly	29.08	29.70	418	17/03/13	Bedfordshire County Championships	Luton	CC3024	2
100 Butterfly	1:06.04	1:07.20	378	17/03/13	Bedfordshire County Championships	Luton	CC3024	2
200 Butterfly	2:54.58	2:56.40	229	19/01/13	Biggleswade SC 14th Open meet	Biggleswade	ER3081	3
50 Backstroke	29.30	30.00	429	21/07/14	Biggleswade Club Championships	Biggleswade	ER4861	4
100 Backstroke	1:04.97	1:06.20	411	19/01/13	Biggleswade SC 14th Open meet	Biggleswade	ER3081	3
200 Backstroke	2:19.19	2:21.60	437	20/01/13	Biggleswade SC 14th Open meet	Biggleswade	ER3081	3
200 Individual Medley	2:21.16	2:23.90	468	09/02/13	Biggleswade Club Championships	Biggleswade	ER3343	4
400 Individual Medley	5:11.01	5:16.60	430	28/04/13	Team Luton Spring Open Meet 2013	Luton	ER3042	3
100 Individual Medley	1:05.94	1:05.90	417	13/07/13	Biggleswade Club Championships	Biggleswade	ER3650	4