

# Individual Best Times (All Time)

Benjamin Chapman - (832484) - Colchester SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Backstroke	1:18.92	1:17.90	279	24/01/15	ISA National Swimming Championships	London	LR150306	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.08	29.80	333	03/10/15	Romford Town SC 4th David Jacobs Memorial Gala	Braintree	LR150867	3
100 Freestyle	1:04.32	1:05.60	338	12/04/15	Halstead 6th Short Course Open Meet	Braintree	ER150571	3
200 Freestyle	2:19.66	2:22.10	360	12/04/15	Halstead 6th Short Course Open Meet	Braintree	ER150571	3
400 Freestyle	4:57.68	5:02.40	362	21/10/14	Colchester Club Championships	Colchester	ER14556	4
50 Breaststroke	40.92	41.70	226	03/10/15	Romford Town SC 4th David Jacobs Memorial Gala	Braintree	LR150867	3
100 Breaststroke	1:34.22	1:35.60	201	18/10/14	Colchester Club Championships	Colchester	ER14556	4
50 Butterfly	34.18	34.70	257	12/04/15	Halstead 6th Short Course Open Meet	Braintree	ER150571	3
50 Backstroke	34.90	35.50	254	03/10/15	Romford Town SC 4th David Jacobs Memorial Gala	Braintree	LR150867	3
100 Backstroke	1:18.68	1:19.70	231	27/09/14	Sudbury & District SC Michaelmas Two Day Meet	Sudbury	ER14006	3
200 Backstroke	3:22.34	3:24.00	142	29/09/12	Sudbury Michaelmas Olympic Special	Sudbury	ER2537	3
200 Individual Medley	2:48.25	2:50.60	276	18/10/14	Colchester Club Championships	Colchester	ER14556	4
100 Individual Medley	1:14.62	1:14.60	288	03/10/15	Romford Town SC 4th David Jacobs Memorial Gala	Braintree	LR150867	3