

Individual Best Times (All Time)

Rory Bennett - (834303) - Colchester SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.61	27.90	390	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Freestyle	1:09.98	1:08.80	300	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
50 Breaststroke	37.73	36.90	325	04/02/17	Essex Age Group Championships	London	ER170023	1
50 Butterfly	30.57	29.90	386	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Butterfly	1:12.75	1:11.70	314	23/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3
50 Backstroke	32.86	32.20	368	14/04/17	UEA City of Norwich Easter LC Meet	Norwich	ER170310	1
100 Backstroke	1:14.01	1:12.90	338	18/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
200 Backstroke	2:45.48	2:43.50	309	24/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.92	28.70	376	26/03/17	Cambridge Spring Open	Cambridge	ER170393	3
100 Freestyle	1:01.67	1:03.00	384	01/04/17	Robin Deal Memorial Meet	Sudbury	ER170309	3
200 Freestyle	2:20.73	2:23.20	352	26/03/17	Cambridge Spring Open	Cambridge	ER170393	3
400 Freestyle	5:10.82	5:15.30	318	13/11/15	Colchester SC Club Championships 2015	Colchester	ER152365	4
1500 Freestyle	20:59.94	21:16.20	303	21/11/14	Colchester Club Championships	Colchester	ER14557	4
50 Breaststroke	38.39	39.20	274	02/04/16	Sudbury & District Spring Two Day Open Meet	Sudbury	ER160862	3
100 Breaststroke	1:23.39	1:24.90	291	06/11/16	Colchester Club Championships 2016	Colchester	ER162137	4
200 Breaststroke	3:15.37	3:18.10	232	19/10/14	Colchester Club Championships	Colchester	ER14556	4
50 Butterfly	30.19	30.80	373	02/04/17	Robin Deal Memorial Meet	Sudbury	ER170309	3
100 Butterfly	1:09.65	1:10.70	322	05/11/16	Colchester Club Championships 2016	Colchester	ER162137	4
200 Butterfly	2:52.33	2:54.20	238	01/04/17	Robin Deal Memorial Meet	Sudbury	ER170309	3
50 Backstroke	31.43	32.10	348	02/04/17	Robin Deal Memorial Meet	Sudbury	ER170309	3
100 Backstroke	1:09.57	1:10.70	335	14/11/15	National Arena League-London Premier Div-Round123	Harlow	ER152125	2
200 Backstroke	2:37.79	2:39.90	300	05/12/15	Braintree & Bocking Spring Festival Open Meet	Braintree	ER151657	3
200 Individual Medley	2:39.82	2:42.30	322	07/11/15	Colchester Club Championships 2015	Colchester	ER151708	4
400 Individual Medley	5:59.63	6:04.50	278	26/10/14	Colchester Club Championships	Colchester	ER14556	4
100 Individual Medley	1:12.69	1:12.70	311	01/04/17	Robin Deal Memorial Meet	Sudbury	ER170309	3