

# Individual Best Times (All Time)

Benedict Adams - (868546) - Ealing SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.74	32.40	256	25/02/17	ESC February L3 Open	Northolt	LR170029	3
100 Freestyle	1:08.89	1:10.10	275	25/02/17	ESC February L3 Open	Northolt	LR170029	3
200 Freestyle	2:32.55	2:34.80	276	09/07/16	Black Swan Summer Open Meet	Walton on Thames	SE161058	3
50 Breaststroke	42.22	43.00	206	05/02/17	MCASA County Championships	Enfield	LR170008	2
100 Breaststroke	1:35.22	1:36.50	195	04/02/17	MCASA County Championships	Enfield	LR170008	2
200 Breaststroke	3:35.46	3:37.90	173	27/02/16	Ealing February L3 Open Meet	Northolt	LR160332	3
50 Butterfly	37.13	37.60	201	04/02/17	MCASA County Championships	Enfield	LR170008	2
100 Butterfly	1:31.56	1:32.40	142	01/10/16	MCASA Winter Development Meet	Enfield	LR161659	3
50 Backstroke	38.37	38.90	191	10/07/16	Black Swan Summer Open Meet	Walton on Thames	SE161058	3
100 Backstroke	1:20.56	1:21.60	215	25/02/17	ESC February L3 Open	Northolt	LR170029	3
200 Individual Medley	2:59.92	3:02.10	226	10/07/16	Black Swan Summer Open Meet	Walton on Thames	SE161058	3
100 Individual Medley	1:21.39	1:21.40	221	25/02/17	ESC February L3 Open	Northolt	LR170029	3