

Individual Best Times (All Time)

Benjamin Holland - (868822) - Shrewsbury SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.23	29.50	330	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
100 Freestyle	59.39	58.00	491	15/02/20	Swansea Aquatics 2020 Spring LC Open Meet	Swansea	WL200016	1
200 Freestyle	2:08.95	2:06.20	494	23/03/19	Liverpool Spring Open Meet 2019	Liverpool	NW190258	1
400 Freestyle	4:21.98	4:16.60	592	12/03/22	Swansea Aquatics Spring Long Course Open Meet 2022	Swansea	WL220059	1
800 Freestyle	9:01.24	8:50.50	582	13/03/22	Swansea Aquatics Spring Long Course Open Meet 2022	Swansea	WL220059	1
1500 Freestyle	17:39.03	17:19.40	556	07/05/18	Swim England West Midlands Championships	Coventry	WM180517	1
50 Breaststroke	33.16	32.20	479	15/01/22	Devon County ASA Championships & Age Groups 2022	Plymouth	SW220040	1
100 Breaststroke	1:13.46	1:11.70	464	20/01/22	Devon County ASA Championships & Age Groups 2022	Plymouth	SW220042	1
200 Breaststroke	2:47.61	2:44.40	419	15/02/20	Swansea Aquatics 2020 Spring LC Open Meet	Swansea	WL200016	1
50 Butterfly	32.85	32.30	311	22/05/16	ASA SWR Summer Championships	Millfield	SW160537	1
100 Butterfly	1:02.30	1:01.10	500	15/01/22	Devon County ASA Championships & Age Groups 2022	Plymouth	SW220040	1
200 Butterfly	2:19.89	2:17.60	490	07/04/18	Derwentio Excel 12th Long Course Open Meet	Sheffield	EM180269	1
50 Backstroke	36.07	35.50	278	26/04/15	National Arena Swimming League 46th Cup Final	Cardiff	WL150598	1
100 Backstroke	1:09.78	1:08.60	404	16/02/20	Swansea Aquatics 2020 Spring LC Open Meet	Swansea	WL200016	1
200 Backstroke	2:16.94	2:14.50	545	12/03/22	Swansea Aquatics Spring Long Course Open Meet 2022	Swansea	WL220059	1
200 Individual Medley	2:18.28	2:15.40	560	20/01/22	Devon County ASA Championships & Age Groups 2022	Plymouth	SW220042	1
400 Individual Medley	4:56.60	4:50.60	546	12/03/22	Swansea Aquatics Spring Long Course Open Meet 2022	Swansea	WL220059	1

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50 Freestyle	26.43	27.20	443	25/01/20	Shropshire County Championships 2020	Wolverhampton	WM200135	2
100 Freestyle	56.40	57.90	502	06/11/21	Shrewsbury ASC Autumn Sprint Open Meet 2021	Wolverhampton	WM211015	3
200 Freestyle	2:00.74	2:03.60	557	16/10/21	Exeter City - Lindsay Powell Memorial Meet 2021	Plymouth	SW210490	2
400 Freestyle	4:12.18	4:17.70	596	20/11/21	Plymouth Leander Winter National Qualifier L2 Open	Plymouth	SW210901	2
800 Freestyle	8:49.83	9:00.60	586	20/11/21	Plymouth Leander Winter National Qualifier L2 Open	Plymouth	SW210901	2
1500 Freestyle	17:29.27	17:48.70	525	20/01/19	Shropshire ASA County Championships	Wolverhampton	WM190099	2
50 Breaststroke	32.36	33.30	458	06/11/21	Shrewsbury ASC Autumn Sprint Open Meet 2021	Wolverhampton	WM211015	3
100 Breaststroke	1:10.61	1:12.40	479	02/04/22	Shrewsbury ASC Spring Open Meet 2022	Wolverhampton	WM220560	3
200 Breaststroke	2:32.03	2:35.50	493	02/04/22	Shrewsbury ASC Spring Open Meet 2022	Wolverhampton	WM220560	3
50 Butterfly	27.90	28.60	473	06/11/21	Shrewsbury ASC Autumn Sprint Open Meet 2021	Wolverhampton	WM211015	3
100 Butterfly	1:00.34	1:01.60	496	02/04/22	Shrewsbury ASC Spring Open Meet 2022	Wolverhampton	WM220560	3
200 Butterfly	2:13.61	2:15.90	511	21/11/21	Plymouth Leander Winter National Qualifier L2 Open	Plymouth	SW210901	2
50 Backstroke	33.80	34.40	279	20/11/16	Plymouth Leander Winter Qualifier Open 2016	Plymouth	SW160994	2
100 Backstroke	1:01.42	1:02.70	487	06/11/21	Shrewsbury ASC Autumn Sprint Open Meet 2021	Wolverhampton	WM211015	3
200 Backstroke	2:17.90	2:20.30	449	15/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	NW192983	2
200 Individual Medley	2:15.24	2:18.10	532	02/04/22	Shrewsbury ASC Spring Open Meet 2022	Wolverhampton	WM220560	3
400 Individual Medley	4:43.19	4:49.30	570	20/11/21	Plymouth Leander Winter National Qualifier L2 Open	Plymouth	SW210901	2
100 Individual Medley	1:03.07	1:03.10	477	06/11/21	Shrewsbury ASC Autumn Sprint Open Meet 2021	Wolverhampton	WM211015	3