

Individual Best Times (All Time)

Ben Calder - (887563) - Hemel Hempstead SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	44.98	45.40	90	15/12/13	Hemel Hempstead Middle Distance Meet	Hemel Hempstead	ER31024	4
100 Freestyle	1:34.93	1:35.80	105	16/05/15	Hemel Hempstead 4th Spring Development Meet	Hemel Hempstead	ER150118	3
200 Freestyle	3:41.46	3:43.00	90	18/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	ER4170	3
400 Freestyle	7:27.04	7:30.20	107	08/10/15	Hemel Hempstead Club Championships	Hemel Hempstead	ER151876	4
50 Breaststroke	1:00.65	1:01.20	69	20/09/15	Hemel Hempstead Club Championships	Hemel Hempstead	ER151873	4
50 Butterfly	58.54	58.90	51	28/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14693	4
50 Backstroke	51.56	51.90	78	30/06/14	Hemel Hempstead SC Sprint Championships	Hemel Hempstead	ER4169	4
100 Backstroke	1:52.53	1:53.20	79	22/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14692	4
200 Backstroke	4:06.45	4:07.80	78	19/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	ER4170	3
200 Individual Medley	4:03.24	4:04.90	91	20/09/15	Hemel Hempstead Club Championships	Hemel Hempstead	ER151873	4
100 Individual Medley	1:54.38	1:54.40	79	16/05/15	Hemel Hempstead 4th Spring Development Meet	Hemel Hempstead	ER150118	3