

Individual Best Times (All Time)

Ben Day - (910199) - Spenborough SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.58	37.00	172	05/07/14	Borough of Barnsley SC 7th Annual Summer Sizzler	Sheffield	NE4704	3
100 Breaststroke	1:41.79	1:40.50	174	05/07/14	Borough of Barnsley SC 7th Annual Summer Sizzler	Sheffield	NE4704	3
50 Butterfly	42.37	41.90	145	05/07/14	Borough of Barnsley SC 7th Annual Summer Sizzler	Sheffield	NE4704	3
100 Backstroke	1:34.72	1:33.90	161	05/07/14	Borough of Barnsley SC 7th Annual Summer Sizzler	Sheffield	NE4704	3
200 Individual Medley	3:22.10	3:20.10	179	05/07/14	Borough of Barnsley SC 7th Annual Summer Sizzler	Sheffield	NE4704	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.11	32.80	247	15/11/15	Spenborough SC 125th Anniversary Gala	Leeds	NE151517	3
50 Breaststroke	41.33	42.10	219	18/06/16	Viking Sprints 2016	Leeds	NE160683	3
50 Butterfly	39.80	40.30	163	20/06/15	Team Jorvik Viking Sprints 2015	Leeds	NE150569	3
50 Backstroke	40.24	40.70	165	15/11/15	Spenborough SC 125th Anniversary Gala	Leeds	NE151517	3
200 Individual Medley	3:51.87	3:53.60	105	10/12/11	Borough of Barnsley SC Xmas Sprint	Sheffield	NE1710	3
100 Individual Medley	1:22.26	1:22.30	215	18/06/16	Viking Sprints 2016	Leeds	NE160683	3