

Individual Best Times (All Time)

Samuel Bentley - (944004) - Epping Forest Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.69	35.10	201	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Freestyle	1:24.04	1:23.00	173	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
200 Freestyle	2:48.38	2:46.30	222	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
400 Freestyle	5:39.49	5:35.30	272	21/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1
50 Breaststroke	46.60	45.90	172	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
200 Breaststroke	3:39.16	3:36.70	187	22/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1
50 Backstroke	39.38	38.90	213	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Backstroke	1:28.20	1:27.30	200	22/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1
200 Backstroke	3:03.10	3:01.30	228	22/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1
200 Individual Medley	3:25.47	3:23.50	170	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.04	34.60	207	20/05/17	Cheshunt 50th Anniversary Open Meet	Harlow	ER170914	3
100 Freestyle	1:13.39	1:14.50	228	20/05/17	Cheshunt 50th Anniversary Open Meet	Harlow	ER170914	3
200 Freestyle	2:38.88	2:41.10	244	18/11/17	Harlow Penguins 2017 Winter Open Meet	Harlow	ER172064	3
400 Freestyle	5:22.88	5:27.20	284	17/12/16	LBRSC Last Chance Qualifying Meet	Fullwell Cross	LR161365	3
50 Breaststroke	42.62	43.40	200	23/11/18	Harlow Penguins 2018 Winter Open Meet	Harlow	ER181952	3
100 Breaststroke	1:38.28	1:39.60	177	18/11/17	Harlow Penguins 2017 Winter Open Meet	Harlow	ER172064	3
200 Breaststroke	3:24.88	3:27.40	201	03/12/17	Epping Forest Internal Club Champs	Loughton	ER172209	4
50 Butterfly	43.60	44.00	124	20/05/17	Cheshunt 50th Anniversary Open Meet	Harlow	ER170914	3
100 Butterfly	2:13.66	2:14.20	45	22/10/14	Epping Forest District Club Championships	Loughton	ER4562	4
200 Butterfly	4:20.13	4:21.30	69	13/09/15	Epping Forest District SC 2015 Club Championships	Loughton	ER151113	4
50 Backstroke	37.71	38.20	201	20/05/17	Cheshunt 50th Anniversary Open Meet	Harlow	ER170914	3
100 Backstroke	1:23.98	1:24.90	190	03/12/17	Epping Forest Internal Club Champs	Loughton	ER172209	4
200 Backstroke	2:53.10	2:55.00	227	18/11/17	Harlow Penguins 2017 Winter Open Meet	Harlow	ER172064	3
200 Individual Medley	3:18.09	3:20.10	169	12/06/16	Epping Forest Club Championships	Loughton	ER161332	4
100 Individual Medley	1:32.38	1:32.40	151	04/03/17	Harlow Penguins 5th Junior Development Meet	Harlow	ER170420	3