

# Individual Best Times (All Time)

Benjamin Murray-John - (971190) - Alnwick Dolphin SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	48.38	48.80	72	09/02/13	Alnwick Dolphins Time Trials 2013	Alnwick	NE3028	4
100 Freestyle	1:33.44	1:34.30	110	11/07/15	Alnwick Dolphins Club Championships	Alnwick	NE151006	4
200 Freestyle	3:25.33	3:27.00	113	10/07/15	Alnwick Dolphins Club Championships	Alnwick	NE151006	4
50 Breaststroke	1:03.99	1:04.50	59	02/12/12	Blyth Lifeguard & SC Christmas Cracker	Blyth	NE2639	4
100 Breaststroke	2:02.13	2:03.20	92	04/07/14	Alnwick Dolphins 2014 Club Championships	Alnwick	NE4686	4
200 Breaststroke	4:18.92	4:21.00	99	04/07/14	Alnwick Dolphins 2014 Club Championships	Alnwick	NE4686	4
50 Backstroke	55.93	56.30	61	02/12/12	Blyth Lifeguard & SC Christmas Cracker	Blyth	NE2639	4
200 Backstroke	4:28.63	4:29.90	60	09/11/13	Alnwick Dolphins Time Trials	Alnwick	NE31015	4
200 Individual Medley	3:54.53	3:56.20	102	12/07/15	Alnwick Dolphins Club Championships	Alnwick	NE151006	4
100 Individual Medley	1:52.19	1:52.20	84	04/07/14	Alnwick Dolphins 2014 Club Championships	Alnwick	NE4686	4