

Individual Best Times (All Time)

Benjamin Long - (469861) - Armthorpe & District SC - 50 Breaststroke - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
38.61	303	H	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	Armthorpe	3
39.33	287	H	14/12/13	BoB SC 18th Annual Christmas Sprint	Sheffield	Armthorpe	3
39.49	283	H	02/02/14	Sheffield & District ASA Championships	Sheffield	Armthorpe	4
46.82	170	H	03/07/11	Borough of Barnsley SC Summer Sizzler	Sheffield	Armthorpe	3
49.45	144	H	20/03/10	Yorkshire County Champs	Sheffield	Armthorpe	1
51.15	130	H	16/01/10	Rotherham Metro A&B Meet	Sheffield	Armthorpe	3
51.36	128	H	21/03/09	Yorkshire County Champs	Sheffield	Armthorpe	2

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