

Individual Best Times (All Time)

Benjamin Proud - (906396) - University of Bath SC - 100 Freestyle - 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
48.52	900	F	11/03/16	Edinburgh International Meet	Edinburgh	Plymouth Lea	1
48.68	891	H	14/04/16	British Championships 2016	Glasgow	Plymouth Lea	1
48.70	890	H	15/04/15	British Championships 2015	London	Plymouth Lea	1
48.72	889	F	14/04/16	British Championships 2016	Glasgow	Plymouth Lea	1
48.83	883	F	15/04/15	British Championships 2015	London	Plymouth Lea	1
48.88	881	F	08/08/14	BG ASA Youth & MC Championships 2014	Sheffield	Plymouth Lea	1
49.10	869	F	21/02/16	BUCS Long Course Championships	Sheffield		1
49.14	867	H	09/08/16	Olympic Games 2016	Rio, Brazil		1
49.15	866	F	31/01/16	18th Luxembourg Euro-Meet 2016	Luxembourg		1
49.33	857	S	21/08/14	European Swimming Championships 2014	Berlin		1
49.35	856	H	05/08/15	World Championships 2015	Kazan		1
49.41	853	H	27/06/14	British Gas International Swimming Meet 2014	Manchester	Plymouth Lea	1
49.42	852	H	11/03/16	Edinburgh International Meet	Edinburgh	Plymouth Lea	1
49.48	849	F	30/06/13	British Gas Swimming Championships	Sheffield	Plymouth Lea	1
49.54	846	H	12/04/14	British Gas Championships 2014	Glasgow	Plymouth Lea	1
49.54	846	F	13/04/14	British Gas Championships 2014	Glasgow	Plymouth Lea	1
49.60	843	H	31/01/16	18th Luxembourg Euro-Meet 2016	Luxembourg		1
49.66	840	S	29/06/13	British Gas Swimming Championships	Sheffield	Plymouth Lea	1
49.68	839	C	15/03/15	Edinburgh International 2015	Edinburgh	Plymouth Lea	1
49.69	838	S	12/04/14	British Gas Championships 2014	Glasgow	Plymouth Lea	1
49.70	838	H	21/08/14	European Swimming Championships 2014	Berlin		1
49.78	834	F	28/06/14	British Gas International Swimming Meet 2014	Manchester	Plymouth Lea	1
49.89	828	H	29/06/13	British Gas Swimming Championships	Sheffield	Plymouth Lea	1
49.93	826	H	02/02/14	Meeting International de Nice (Golden Lanes)	Nice, France	Plymouth Lea	1
49.96	825		11/06/16	Mare Nostrum - Barcelona	Barcelona	Plymouth Lea	1
49.99	823	F	23/02/14	BUCS Long Course 2014	Sheffield	Plymouth Lea	1
49.99	823		11/06/16	Mare Nostrum - Barcelona	Barcelona	Plymouth Lea	1

49.99	820		17/06/16	Mare Nostrum - Barcelona	Barcelona	Plymouth Lea	1
50.02	822	H	19/05/16	European Championships 2016	London		1
50.03	821	R	28/06/14	British Gas International Swimming Meet 2014	Manchester	Plymouth Lea	1
50.03	821	F	28/01/18	Luxembourg Meet 2018	Luxembourg		1
50.05	820	F	02/02/14	Meeting International de Nice (Golden Lanes)	Nice, France	Plymouth Lea	1
50.06	820	S	26/07/14	Commonwealth Games 2014	Glasgow		1
50.10	818	H	27/04/14	National Arena League 'A' Final	Cardiff	Plymouth Lea	1
50.16	815	F	25/01/15	2015 Flanders Speedo Cup	Antwerp, Belgium		1
50.16	815	H	26/04/15	National Arena Swimming League 46th Cup Final	Cardiff	Plymouth Lea	1
50.19	813	H	25/01/15	2015 Flanders Speedo Cup	Antwerp, Belgium		1
50.20	813	H	23/02/14	BUCS Long Course 2014	Sheffield	Plymouth Lea	1
50.25	810	F	26/01/14	Flanders Speedo Cup	Antwerp, Belgium	Plymouth Lea	1
50.27	809	F	14/12/13	National Arena Swimming League SW Finals	Millfield	Plymouth Lea	1
50.34	806	H	29/01/17	19th Luxembourg Euro Meet 2017	Luxembourg		1
50.40	803		04/03/17	FFN Golden Tour Open de la Mediterranee	Marseille		1
50.44	801	F	03/05/14	BG ASA SWR Youth Championships 2014	Plymouth	Plymouth Lea	1
50.45	801	F	04/03/17	FFN Golden Tour Open de la Mediterranee	Marseille		1
50.48	799	H	24/02/13	BUCS Long Course 2013	Sheffield	Plymouth Lea	1
50.48	799	F	29/01/17	19th Luxembourg Euro Meet 2017	Luxembourg		1
50.50	798	S	18/07/12	BG ASA National Youth Championships 2012	Sheffield	Plymouth Lea	1
50.50	798	H	06/06/15	Mare Nostrum	Canet, France	Plymouth Lea	1
50.50	798	H	20/04/17	British Swimming Championships 2017	Sheffield	Plymouth Lea	1
50.51	798	H	02/05/15	ASA South West Summer Championships	Plymouth	Plymouth Lea	1
50.51	798	H	24/04/16	National Arena Swimming League 47th Cup Final	Cardiff	Plymouth Lea	1
50.56	796	H	08/08/14	BG ASA Youth & MC Championships 2014	Sheffield	Plymouth Lea	1
50.56	796	H	29/06/18	Sette Colli 2018	Rome		1
50.57	795	F	19/07/12	BG ASA National Youth Championships 2012	Sheffield	Plymouth Lea	1
50.60	794	H	15/03/15	Edinburgh International 2015	Edinburgh	Plymouth Lea	1
50.61	793	R	17/07/12	BG ASA National Youth Championships 2012	Sheffield	Plymouth Lea	1
50.69	790	H	26/07/14	Commonwealth Games 2014	Glasgow		1
50.77	786	H	26/01/14	Flanders Speedo Cup	Antwerp, Belgium	Plymouth Lea	1
50.89	780	H	10/06/15	Mare Nostrum - Barcelona	Barcelona		1
51.02	774	H	12/06/15	52nd Sette Colli 2015	Rome		1
51.04	773	H	21/02/16	BUCS Long Course Championships	Sheffield		1
51.12	770	H	28/01/18	Luxembourg Meet 2018	Luxembourg		1
51.23	765	H	18/07/12	BG ASA National Youth Championships 2012	Sheffield	Plymouth Lea	1
51.23	765	F	15/12/12	Plymouth L1 Long Course Open Meet	Plymouth	Plymouth Lea	1
51.24	764	F	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	Plymouth Lea	1
51.24	764	H	13/03/22	Edinburgh International 2022	Edinburgh		1
51.25	764	H	12/06/14	Mare Nostrum	Canet, France	Plymouth Lea	1
51.46	755	H	14/06/14	Mare Nostrum - Barcelona	Barcelona	Plymouth Lea	1
51.81	739	H	15/12/12	Plymouth L1 Long Course Open Meet	Plymouth	Plymouth Lea	1
51.85	738	H	20/04/13	The National Arena Swimming League B Final	Cardiff	Plymouth Lea	1
51.85	738	H	20/04/13	The National Arena Swimming League Final	Cardiff	Plymouth Lea	1
51.85	738	F	28/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	Plymouth Lea	1
51.96	733	H	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	Plymouth Lea	1
52.15	725	H	10/03/13	British Gas International 2013	Leeds	Plymouth Lea	1
52.18	724	H	28/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	Plymouth Lea	1
52.24	721	H	03/05/14	BG ASA SWR Youth Championships 2014	Plymouth	Plymouth Lea	1
52.56	708	H	04/05/13	ASA South West Regional Championships	Millfield	Plymouth Lea	1
52.64	705	F	04/05/13	ASA South West Regional Championships	Millfield	Plymouth Lea	1
52.89	695	H	05/05/12	BG SWR Youth Championships	Plymouth	Plymouth Lea	1
52.99	691	F	31/03/12	City of Sheffield Premier Meet	Sheffield	Plymouth Lea	1
53.16	684	H	31/03/12	City of Sheffield Premier Meet	Sheffield	Plymouth Lea	1

53.68	665	F	05/05/12	BG SWR Youth Championships	Plymouth	Plymouth Lea	1
54.84	623	H	01/04/11	Malaysia National Age Group Championships	Hang Jebat Malaysia	Plymouth Lea	1
54.99	618	H	20/01/12	Nancy International Meeting	Nancy, France	Plymouth Lea	1
57.73	534	H	13/03/21	British Swimming Invitation Meet	Manchester	Plymouth Lea	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
51.24	764	H	13/03/22	Edinburgh International 2022	Edinburgh		1
57.73	534	H	13/03/21	British Swimming Invitation Meet	Manchester	Plymouth Lea	1
50.56	796	H	29/06/18	Sette Colli 2018	Rome		1
50.03	821	F	28/01/18	Luxembourg Meet 2018	Luxembourg		1
51.12	770	H	28/01/18	Luxembourg Meet 2018	Luxembourg		1
50.50	798	H	20/04/17	British Swimming Championships 2017	Sheffield	Plymouth Lea	1
50.45	801	F	04/03/17	FFN Golden Tour Open de la Mediterranee	Marseille		1
50.40	803		04/03/17	FFN Golden Tour Open de la Mediterranee	Marseille		1
50.48	799	F	29/01/17	19th Luxembourg Euro Meet 2017	Luxembourg		1
50.34	806	H	29/01/17	19th Luxembourg Euro Meet 2017	Luxembourg		1
49.14	867	H	09/08/16	Olympic Games 2016	Rio, Brazil		1
49.99	823		11/06/16	Mare Nostrum - Barcelona	Barcelona	Plymouth Lea	1
49.96	825		11/06/16	Mare Nostrum - Barcelona	Barcelona	Plymouth Lea	1
50.02	822	H	19/05/16	European Championships 2016	London		1
50.51	798	H	24/04/16	National Arena Swimming League 47th Cup Final	Cardiff	Plymouth Lea	1
48.72	889	F	14/04/16	British Championships 2016	Glasgow	Plymouth Lea	1
48.68	891	H	14/04/16	British Championships 2016	Glasgow	Plymouth Lea	1
48.52	900	F	11/03/16	Edinburgh International Meet	Edinburgh	Plymouth Lea	1
49.42	852	H	11/03/16	Edinburgh International Meet	Edinburgh	Plymouth Lea	1
49.10	869	F	21/02/16	BUCS Long Course Championships	Sheffield		1
51.04	773	H	21/02/16	BUCS Long Course Championships	Sheffield		1
49.15	866	F	31/01/16	18th Luxembourg Euro-Meet 2016	Luxembourg		1
49.60	843	H	31/01/16	18th Luxembourg Euro-Meet 2016	Luxembourg		1
49.35	856	H	05/08/15	World Championships 2015	Kazan		1
51.02	774	H	12/06/15	52nd Sette Colli 2015	Rome		1
50.89	780	H	10/06/15	Mare Nostrum - Barcelona	Barcelona		1
50.50	798	H	06/06/15	Mare Nostrum	Canet, France	Plymouth Lea	1
50.51	798	H	02/05/15	ASA South West Summer Championships	Plymouth	Plymouth Lea	1
50.16	815	H	26/04/15	National Arena Swimming League 46th Cup Final	Cardiff	Plymouth Lea	1
48.83	883	F	15/04/15	British Championships 2015	London	Plymouth Lea	1
48.70	890	H	15/04/15	British Championships 2015	London	Plymouth Lea	1
51.85	738	F	28/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	Plymouth Lea	1
52.18	724	H	28/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	Plymouth Lea	1
49.68	839	C	15/03/15	Edinburgh International 2015	Edinburgh	Plymouth Lea	1
50.60	794	H	15/03/15	Edinburgh International 2015	Edinburgh	Plymouth Lea	1
50.16	815	F	25/01/15	2015 Flanders Speedo Cup	Antwerp, Belgium		1
50.19	813	H	25/01/15	2015 Flanders Speedo Cup	Antwerp, Belgium		1
49.33	857	S	21/08/14	European Swimming Championships 2014	Berlin		1
49.70	838	H	21/08/14	European Swimming Championships 2014	Berlin		1
48.88	881	F	08/08/14	BG ASA Youth & MC Championships 2014	Sheffield	Plymouth Lea	1
50.56	796	H	08/08/14	BG ASA Youth & MC Championships 2014	Sheffield	Plymouth Lea	1
50.06	820	S	26/07/14	Commonwealth Games 2014	Glasgow		1
50.69	790	H	26/07/14	Commonwealth Games 2014	Glasgow		1
50.03	821	R	28/06/14	British Gas International Swimming Meet 2014	Manchester	Plymouth Lea	1
49.78	834	F	28/06/14	British Gas International Swimming Meet 2014	Manchester	Plymouth Lea	1
49.41	853	H	27/06/14	British Gas International Swimming Meet 2014	Manchester	Plymouth Lea	1

51.46	755	H	14/06/14	Mare Nostrum - Barcelona	Barcelona	Plymouth Lea	1
51.25	764	H	12/06/14	Mare Nostrum	Canet, France	Plymouth Lea	1
50.44	801	F	03/05/14	BG ASA SWR Youth Championships 2014	Plymouth	Plymouth Lea	1
52.24	721	H	03/05/14	BG ASA SWR Youth Championships 2014	Plymouth	Plymouth Lea	1
50.10	818	H	27/04/14	National Arena League 'A' Final	Cardiff	Plymouth Lea	1
49.54	846	F	13/04/14	British Gas Championships 2014	Glasgow	Plymouth Lea	1
49.69	838	S	12/04/14	British Gas Championships 2014	Glasgow	Plymouth Lea	1
49.54	846	H	12/04/14	British Gas Championships 2014	Glasgow	Plymouth Lea	1
51.24	764	F	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	Plymouth Lea	1
51.96	733	H	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	Plymouth Lea	1
49.99	823	F	23/02/14	BUCS Long Course 2014	Sheffield	Plymouth Lea	1
50.20	813	H	23/02/14	BUCS Long Course 2014	Sheffield	Plymouth Lea	1
50.05	820	F	02/02/14	Meeting International de Nice (Golden Lanes)	Nice, France	Plymouth Lea	1
49.93	826	H	02/02/14	Meeting International de Nice (Golden Lanes)	Nice, France	Plymouth Lea	1
50.25	810	F	26/01/14	Flanders Speedo Cup	Antwerp, Belgium	Plymouth Lea	1
50.77	786	H	26/01/14	Flanders Speedo Cup	Antwerp, Belgium	Plymouth Lea	1
50.27	809	F	14/12/13	National Arena Swimming League SW Finals	Millfield	Plymouth Lea	1
49.48	849	F	30/06/13	British Gas Swimming Championships	Sheffield	Plymouth Lea	1
49.66	840	S	29/06/13	British Gas Swimming Championships	Sheffield	Plymouth Lea	1
49.89	828	H	29/06/13	British Gas Swimming Championships	Sheffield	Plymouth Lea	1
52.64	705	F	04/05/13	ASA South West Regional Championships	Millfield	Plymouth Lea	1
52.56	708	H	04/05/13	ASA South West Regional Championships	Millfield	Plymouth Lea	1
51.85	738	H	20/04/13	The National Arena Swimming League B Final	Cardiff	Plymouth Lea	1
51.85	738	H	20/04/13	The National Arena Swimming League Final	Cardiff	Plymouth Lea	1
52.15	725	H	10/03/13	British Gas International 2013	Leeds	Plymouth Lea	1
50.48	799	H	24/02/13	BUCS Long Course 2013	Sheffield	Plymouth Lea	1
51.23	765	F	15/12/12	Plymouth L1 Long Course Open Meet	Plymouth	Plymouth Lea	1
51.81	739	H	15/12/12	Plymouth L1 Long Course Open Meet	Plymouth	Plymouth Lea	1
50.57	795	F	19/07/12	BG ASA National Youth Championships 2012	Sheffield	Plymouth Lea	1
50.50	798	S	18/07/12	BG ASA National Youth Championships 2012	Sheffield	Plymouth Lea	1
51.23	765	H	18/07/12	BG ASA National Youth Championships 2012	Sheffield	Plymouth Lea	1
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53.68	665	F	05/05/12	BG SWR Youth Championships	Plymouth	Plymouth Lea	1
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