Individual Best Times (All Time)

Ben Sluman - (963058) - Southampton Dolphins SC - 200 Backstroke - 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 |
|---------|--------|-------|----------|---|-----------|-----------------|-------|
| 2:49.75 | 286 | Н | 15/06/14 | ASA South East Region Age Group Championships | Crawley | Soton Dolp | 1 |
| 2:54.62 | 263 | Н | 18/05/14 | Bracknell & Wokingham SC L1 Open Meet | Aldershot | Soton Dolp | 1 |
| 3:08.47 | 209 | F | 27/10/13 | 3 Towers Open Meet | Millfield | Soton Dolp | 3 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level | |
|---------|--------|-------|----------|---|-----------|-----------------|-------|--|
| 2:49.75 | 286 | Н | 15/06/14 | ASA South East Region Age Group Championships | Crawley | Soton Dolp | 1 | |
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