

Individual Best Times (All Time)

Benjamin Refson - (1142772) - Potters Bar SC - 50 Freestyle - Short 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
28.14	367	F	11/03/18	Potters Bar Spring Regional Qualifier	Furzeffield Centre	Potters Bar	3
28.46	355	F	24/06/19	PBSC Club Championships 2019	Furzeffield Centre	Potters Bar	4
29.00	335	F	03/12/17	Potters Bar Last Chance County Qualifier	Hertfordshire	Potters Bar	3
29.31	325	F	01/07/17	Potters Bar Club Championships 2017	Potters Bar	Potters Bar	4
30.72	282	F	11/12/16	Hertsmere Flyers Last Chance 'No Frills' Gala	Borehamwood	Potters Bar	3
31.23	269	H	18/11/17	5th Hoddesdon County Qualifier Meet	Borehamwood	Potters Bar	3
32.60	236	F	05/10/15	Potters Bar SC Club Championships	Potters Bar	Potters Bar	4
33.05	226	F	21/03/15	Hertfordshire County Championships	Borehamwood	Potters Bar	2
34.49	199	F	17/01/15	2nd Hoddesdon County Qualifier Open Meet	Borehamwood	Potters Bar	3
34.76	195	F	23/11/14	Watford MD & Sprints Open Meet	Watford	Potters Bar	3
34.89	192	F	15/03/14	Hertfordshire County Championships	Borehamwood	Potters Bar	2
35.10	189	F	13/06/15	Potters Bar Summer Open 2015	Potters Bar	Potters Bar	3
35.81	178	F	05/07/14	Potters Bar SC Summer Open 2014	Potters Bar	Potters Bar	3
37.10	160	F	24/11/13	Hitchin Open Meet 2013	Hitchin	Potters Bar	3
38.55	143	F	19/01/14	Watford County Qualifier Open Meet	Watford	Potters Bar	3
39.31	134	F	05/10/13	Potters Bar SC Club Championships 2013	Potters Bar	Potters Bar	4
40.83	120	F	21/09/13	Hoddesdon SC Open Meet	Enfield	Potters Bar	3
41.68	113	F	29/06/13	Potters Bar SC Summer Open Meet	Potters Bar	Potters Bar	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
28.46	355	F	24/06/19	PBSC Club Championships 2019	Furzeffield Centre	Potters Bar	4
28.14	367	F	11/03/18	Potters Bar Spring Regional Qualifier	Furzeffield Centre	Potters Bar	3
29.00	335	F	03/12/17	Potters Bar Last Chance County Qualifier	Hertfordshire	Potters Bar	3
31.23	269	H	18/11/17	5th Hoddesdon County Qualifier Meet	Borehamwood	Potters Bar	3
29.31	325	F	01/07/17	Potters Bar Club Championships 2017	Potters Bar	Potters Bar	4

30.72	282	F	11/12/16	Hertsmere Flyers Last Chance 'No Frills' Gala	Borehamwood	Potters Bar	3
32.60	236	F	05/10/15	Potters Bar SC Club Championships	Potters Bar	Potters Bar	4
35.10	189	F	13/06/15	Potters Bar Summer Open 2015	Potters Bar	Potters Bar	3
33.05	226	F	21/03/15	Hertfordshire County Championships	Borehamwood	Potters Bar	2
34.49	199	F	17/01/15	2nd Hoddesdon County Qualifier Open Meet	Borehamwood	Potters Bar	3
34.76	195	F	23/11/14	Watford MD & Sprints Open Meet	Watford	Potters Bar	3
35.81	178	F	05/07/14	Potters Bar SC Summer Open 2014	Potters Bar	Potters Bar	3
34.89	192	F	15/03/14	Hertfordshire County Championships	Borehamwood	Potters Bar	2
38.55	143	F	19/01/14	Watford County Qualifier Open Meet	Watford	Potters Bar	3
37.10	160	F	24/11/13	Hitchin Open Meet 2013	Hitchin	Potters Bar	3
39.31	134	F	05/10/13	Potters Bar SC Club Championships 2013	Potters Bar	Potters Bar	4
40.83	120	F	21/09/13	Hoddesdon SC Open Meet	Enfield	Potters Bar	3
41.68	113	F	29/06/13	Potters Bar SC Summer Open Meet	Potters Bar	Potters Bar	3