

Individual Best Times (All Time)

Ben Ross - (1578724) - East Grinstead Swimming Club - 50 Breaststroke - 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
43.82	184	F	25/11/23	Atlantis SC Christmas Cracker 2023	Horsham		3
45.61	163	F	09/12/23	National Arena Swimming League South R3 2023	Bexleyheath		3
45.88	160	F	21/05/23	East Grinstead SC Open Meet 2023	Crawley		3
46.11	158	F	15/12/23	East Grinstead Winter Championships 2023	Edenbridge	East Grins'd	4
47.07	148	F	15/10/22	Sussex County ASA Winter Competition	Crawley		2
47.17	147	F	13/10/23	National Arena Swimming League South R1 2023	Horsham		3
47.29	146	F	14/07/23	East Grinstead 2023 Summer Championships 2023	Edenbridge		4
47.96	140	F	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley		2
48.36	137	F	02/12/22	East Grinstead SC Winter Championships 2022	Edenbridge		4
48.97	132	F	10/12/22	National Arena Swimming League South 2022 - R3	Horsham		3
49.14	130	F	12/11/22	Arena Swimming League South - Round Two	Tunbridge Wells		3
51.43	114	F	08/10/22	National Arena Swim League South Round One	Bexleyheath		3
51.56	113	F	29/05/22	Bognor Regis SC Vanessa Knight Open Meet 2022	Arun Cen		3
52.39	108	F	01/07/22	East Grinstead 2022 Summer Championships	Edenbridge LC		4
56.47	86	F	05/12/21	East Grinstead 2021 Winter Championships	East Grinstead		4

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