

# Individual Best Times (All Time)

Benjamin Whitbourn - (393080) - Dereham & District SC - 50 Backstroke - 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
29.28	430	H	28/02/15	Norfolk County Championships	Thetford		2
29.31	429	H	01/03/14	Norfolk County Champs & AG Comp	Thetford	Dereham	2
29.47	422	F	28/02/15	Norfolk County Championships	Thetford		2
29.68	413	F	01/03/14	Norfolk County Champs & AG Comp	Thetford	Dereham	2
29.70	412	F	01/03/14	Norfolk County Champs & AG Comp	Thetford	Dereham	2
29.73	411	F	17/11/13	Dereham Annual Gala	Dereham	Dereham	4
29.93	403	F	16/11/14	Dereham Otters Annual Gala	Dereham	Dereham	3
30.28	389	F	28/09/13	Dereham & District ASC ICENI	Dereham	Dereham	3
30.40	384	F	28/02/15	Norfolk County Championships	Thetford		2
30.60	377	F	04/11/12	UEA Norwich Big Bang L2 Meet	Norwich	Dereham	2
30.76	371	H	02/03/13	Norfolk County Championships	Thetford	Dereham	2
31.01	362	H	07/12/14	ASA East Region Winter Championships	Luton		2
31.08	360	F	02/03/13	Norfolk County Championships	Thetford	Dereham	2
31.49	346	H	03/03/12	Norfolk County Championships	Thetford	Dereham	2
31.65	340	F	03/03/12	Norfolk County Championships	Thetford	Dereham	2
32.21	323	F	05/11/11	City of Norwich The Big Bang 2011	Norwich	Dereham	2
32.77	307	F	12/03/11	Norfolk County Championships	Thetford	Dereham	2
33.65	283	H	12/03/11	Norfolk County Championships	Thetford	Dereham	2
33.73	281		23/04/11	Newmarket 3rd Annual Open Meet	Newmarket	Dereham	3
35.25	246	F	13/03/10	Norfolk County Champs	Thetford	Dereham	2
35.27	246	H	13/03/10	Norfolk County Champs	Thetford	Dereham	2
35.34	244	F	07/03/09	Norfolk County Champs	Thetford	Dereham	2
35.88	233	H	07/03/09	Norfolk County Champs	Thetford	Dereham	2
36.42	223	F	08/03/08	Norfolk County Champs	Thetford	Dereham	2
36.52	221		26/04/09	Newmarket & District Open	Newmarket	Dereham	2
37.22	209	H	08/03/08	Norfolk County Champs	Thetford	Dereham	2
38.05	188		02/12/07	Suffolk 2 Counties	St. Edmunds	Dereham	2

38.23	193		02/12/07	Suffolk 3 Counties	Bury St Edmunds	Dereham	
39.69	172	H	10/03/07	Norfolk County Champs	Thetford	Dereham	2
39.71	172	F	10/03/07	Norfolk County Champs	Thetford	Dereham	2
40.22	166	H	29/10/06	21st teamipswich Open	Ipswich	Dereham	2
41.56	150	H	16/07/06	Cambridge Summer Meet	Cambridge	Dereham	4

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