

Individual Best Times (All Time)

Benjamin Whitbourn - (393080) - Dereham & District SC - 200 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
2:16.27	465	F	02/07/14	Dereham & District Roger Virgo Distance Event	Dereham	Dereham	4
2:16.99	458	H	08/03/14	Norfolk County Champs & AG Comp	Thetford	Dereham	2
2:17.12	457	H	07/12/14	ASA East Region Winter Championships	Luton		2
2:17.60	452	F	27/11/13	Dereham Annual Gala	Dereham	Dereham	4
2:17.76	450	H	07/03/15	Norfolk County Championships	Thetford		2
2:17.95	448	H	11/01/14	City of Cambridge Winter Meet	Cambridge	Dereham	2
2:19.79	431	F	04/11/12	UEA Norwich Big Bang L2 Meet	Norwich	Dereham	2
2:20.18	427	H	09/03/13	Norfolk County Championships	Thetford	Dereham	2
2:20.31	426	F	29/09/13	Dereham & District ASC ICENI	Dereham	Dereham	3
2:25.86	379	F	06/11/11	City of Norwich The Big Bang 2011	Norwich	Dereham	2
2:26.21	377	H	10/03/12	Norfolk County Championships	Thetford	Dereham	2
2:30.87	343	H	12/03/11	Norfolk County Championships	Thetford	Dereham	2
2:31.74	337	H	14/01/12	City of Cambridge Winter Short Course Meet	Cambridge	Dereham	2
2:32.28	333		24/04/11	Newmarket 3rd Annual Open Meet	Newmarket	Dereham	3
2:33.08	328	H	15/01/11	City of Cambridge Winter Open Meet	Cambridge	Dereham	2
2:43.20	271	H	16/01/10	City of Cambridge Open	Cambridge	Dereham	2
2:44.46	264	H	13/03/10	Norfolk County Champs	Thetford	Dereham	2
2:45.35	260	H	07/03/09	Norfolk County Champs	Thetford	Dereham	2
2:47.46	250		26/04/09	Newmarket & District Open	Newmarket	Dereham	2
2:49.51	241	H	08/03/08	Norfolk County Champs	Thetford	Dereham	2
2:51.94	231	H	17/01/09	City of Cambridge SC Meet	Cambridge	Dereham	2
2:59.33	204	H	20/01/07	City of Cambridge	Cambridge	Dereham	2
2:59.44	203	H	10/03/07	Norfolk County Champs	Thetford	Dereham	2
3:02.76	193	H	28/10/06	21st teamipswich Open	Ipswich	Dereham	2

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