

Individual Best Times (All Time)

Benjamin Whitbourn - (393080) - Dereham & District SC - 200 Individual Medley - 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
2:20.25	477	F	11/07/14	Dereham & District Roger Virgo Distance Event	Dereham	Dereham	4
2:20.70	473	H	06/12/14	ASA East Region Winter Championships	Luton		2
2:20.82	471	H	08/03/15	Norfolk County Championships	Thetford		2
2:21.43	465	F	20/11/13	Dereham Annual Gala	Dereham	Dereham	4
2:21.96	460	H	09/03/14	Norfolk County Champs & AG Comp	Thetford	Dereham	2
2:25.19	430	F	29/09/13	Dereham & District ASC ICENI	Dereham	Dereham	3
2:25.60	426	H	11/01/14	City of Cambridge Winter Meet	Cambridge	Dereham	2
2:25.62	426	H	10/03/13	Norfolk County Championships	Thetford	Dereham	2
2:48.51	275	H	08/03/09	Norfolk County Champs	Thetford	Dereham	2
2:52.01	258	H	16/01/10	City of Cambridge Open	Cambridge	Dereham	2
2:53.15	253	H	14/03/10	Norfolk County Champs	Thetford	Dereham	2
2:54.06	249		26/04/09	Newmarket & District Open	Newmarket	Dereham	2
2:59.06	229	H	17/01/09	City of Cambridge SC Meet	Cambridge	Dereham	2
3:00.91	222	H	09/03/08	Norfolk County Champs	Thetford	Dereham	2
3:02.78	215	H	19/01/08	Cambridge 2008 SC Meet	Cambridge	Dereham	2
3:13.42	182	H	20/01/07	City of Cambridge	Cambridge	Dereham	2
3:13.69	181	H	11/03/07	Norfolk County Champs	Thetford	Dereham	2
3:17.38	171	H	29/10/06	21st teamipswich Open	Ipswich	Dereham	2
3:23.15	157	H	16/07/06	Cambridge Summer Meet	Cambridge	Dereham	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:20.82	471	H	08/03/15	Norfolk County Championships	Thetford		2
2:20.70	473	H	06/12/14	ASA East Region Winter Championships	Luton		2
2:20.25	477	F	11/07/14	Dereham & District Roger Virgo Distance Event	Dereham	Dereham	4
2:21.96	460	H	09/03/14	Norfolk County Champs & AG Comp	Thetford	Dereham	2

2:25.60	426	H	11/01/14	City of Cambridge Winter Meet	Cambridge	Dereham	2
2:21.43	465	F	20/11/13	Dereham Annual Gala	Dereham	Dereham	4
2:25.19	430	F	29/09/13	Dereham & District ASC ICENI	Dereham	Dereham	3
2:25.62	426	H	10/03/13	Norfolk County Championships	Thetford	Dereham	2
2:53.15	253	H	14/03/10	Norfolk County Champs	Thetford	Dereham	2
2:52.01	258	H	16/01/10	City of Cambridge Open	Cambridge	Dereham	2
2:54.06	249		26/04/09	Newmarket & District Open	Newmarket	Dereham	2
2:48.51	275	H	08/03/09	Norfolk County Champs	Thetford	Dereham	2
2:59.06	229	H	17/01/09	City of Cambridge SC Meet	Cambridge	Dereham	2
3:00.91	222	H	09/03/08	Norfolk County Champs	Thetford	Dereham	2
3:02.78	215	H	19/01/08	Cambridge 2008 SC Meet	Cambridge	Dereham	2
3:13.69	181	H	11/03/07	Norfolk County Champs	Thetford	Dereham	2
3:13.42	182	H	20/01/07	City of Cambridge	Cambridge	Dereham	2
3:17.38	171	H	29/10/06	21st teamipswich Open	Ipswich	Dereham	2
3:23.15	157	H	16/07/06	Cambridge Summer Meet	Cambridge	Dereham	4