

Individual Best Times (All Time)

Benjamin Whitbourn - (393080) - Dereham & District SC - 100 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
54.87	545	H	07/12/14	ASA East Region Winter Championships	Luton		2
54.91	544	H	20/10/13	BG ASA National County Team Division 2	Sheffield	Dereham	2
54.96	543	F	24/11/13	Dereham Annual Gala	Dereham	Dereham	4
55.20	536	F	08/03/15	Norfolk County Championships	Thetford		2
55.28	533	H	08/03/15	Norfolk County Championships	Thetford		2
55.35	531	F	23/11/14	Dereham Otters Annual Gala	Dereham	Dereham	3
55.71	521	F	09/03/14	Norfolk County Champs & AG Comp	Thetford	Dereham	2
55.77	519	H	12/01/14	City of Cambridge Winter Meet	Cambridge	Dereham	2
56.05	512	F	08/03/15	Norfolk County Championships	Thetford		2
56.11	510	F	09/03/14	Norfolk County Champs & AG Comp	Thetford	Dereham	2
56.17	508	H	09/03/14	Norfolk County Champs & AG Comp	Thetford	Dereham	2
56.45	501	H	10/03/13	Norfolk County Championships	Thetford	Dereham	2
56.50	499	F	29/09/13	Dereham & District ASC ICENI	Dereham	Dereham	3
58.19	457	F	10/03/13	Norfolk County Championships	Thetford	Dereham	2
58.65	446	F	10/03/13	Norfolk County Championships	Thetford	Dereham	2
59.99	417	H	11/03/12	Norfolk County Championships	Thetford	Dereham	2
1:00.35	410	F	11/03/12	Norfolk County Championships	Thetford	Dereham	2
1:02.17	375	H	15/01/12	City of Cambridge Winter Short Course Meet	Cambridge	Dereham	2
1:02.63	366	F	05/11/11	City of Norwich The Big Bang 2011	Norwich	Dereham	2
1:05.34	323	H	16/01/11	City of Cambridge Winter Open Meet	Cambridge	Dereham	2
1:05.51	320	H	06/03/11	Norfolk County Championships	Thetford	Dereham	2
1:06.56	305	F	14/03/10	Norfolk County Champs	Thetford	Dereham	2
1:06.70	303	F	01/03/09	Norfolk County Champs	Thetford	Dereham	2
1:06.97	300	H	17/01/10	City of Cambridge Open	Cambridge	Dereham	2
1:07.12	298	H	14/03/10	Norfolk County Champs	Thetford	Dereham	2
1:07.30	295		25/04/10	Newmarket 2nd Open Meet	Newmarket	Dereham	3
1:07.61	291	H	05/07/09	East Region Inter County	Thetford	Dereham	2

1:07.84	291	H	05/07/09	East Region Inter County	Thetford	Dereham	3
1:09.42	269	H	01/03/09	Norfolk County Champs	Thetford	Dereham	2
1:09.66	266	H	18/01/09	City of Cambridge SC Meet	Cambridge	Dereham	2
1:09.77	265		24/04/11	Newmarket 3rd Annual Open Meet	Newmarket	Dereham	3

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