

Individual Best Times (All Time)

Ben Friar - (411127) - Team Ipswich Swimming - 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 |
|-------|--------|-------|----------|---|-----------|-----------------|-------|
| 31.63 | 341 | H | 10/11/18 | BUCS Short Course Swimming Championships 2018 | Sheffield | | 2 |
| 34.09 | 272 | F | 11/03/13 | Suffolk County Championships | Ipswich | teamipswich | 2 |
| 34.63 | 260 | F | 19/01/14 | Teamipswich January Last Chance Meet | Ipswich | teamipswich | 3 |
| 35.21 | 247 | H | 27/10/12 | Teamipswich 14th Open Meet | Ipswich | teamipswich | 2 |
| 35.31 | 245 | F | 03/11/13 | Teamipswich Swimming November Open Meet | Ipswich | teamipswich | 3 |
| 36.00 | 231 | H | 15/01/12 | teamipswich Swimming New Year Opener | Ipswich | teamipswich | 4 |
| 36.39 | 224 | H | 22/10/11 | teamipswich 13th Open Meet | Ipswich | teamipswich | 2 |
| 37.10 | 211 | | 05/03/11 | Suffolk County Championships | Ipswich | teamipswich | 2 |
| 37.23 | 209 | | 05/03/11 | Suffolk County Championships | Ipswich | teamipswich | 2 |
| 37.47 | 205 | | 13/03/10 | Suffolk County Champs | Ipswich | teamipswich | 2 |
| 37.61 | 203 | H | 10/07/11 | teamipswich Summer Sprints | Ipswich | teamipswich | 3 |
| 37.64 | 202 | | 13/03/10 | Suffolk County Champs | Ipswich | teamipswich | 2 |
| 37.96 | 197 | H | 08/01/11 | teamipswich 12th Licensed Open Meet | Ipswich | teamipswich | 3 |
| 38.79 | 185 | H | 23/01/10 | teamipswich 11th Open Meet | Ipswich | teamipswich | 2 |
| 40.82 | 158 | H | 11/07/09 | teamipswich Summer Sprints | Ipswich | teamipswich | 3 |
| 42.05 | 145 | | 07/03/09 | Suffolk County Champs | Ipswich | teamipswich | 2 |
| 42.37 | 142 | | 07/03/09 | Suffolk County Champs | Ipswich | teamipswich | 2 |
| 45.86 | 112 | H | 12/07/08 | teamipswich Summer Sprint | Ipswich | teamipswich | 3 |
| 46.44 | 107 | | 22/06/08 | Suffolk County Develop Ch | Ipswich | teamipswich | 3 |

Swims in Date Order

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