

Individual Best Times (All Time)

Ben Friar - (411127) - Team Ipswich Swimming - 50 Breaststroke - 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
33.68	406	H	11/11/17	BUCS Short Course Swimming Championships	Sheffield		2
33.73	404	H	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield		2
33.81	401	H	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield		2
37.00	306	F	13/07/14	Teamipswich SC July Surprize Open	Ipswich	teamipswich	3
37.46	295	F	19/01/14	Teamipswich January Last Chance Meet	Ipswich	teamipswich	3
38.03	282	F	08/03/14	Suffolk County ASA County Championships	Ipswich	teamipswich	2
38.10	280	F	03/11/13	Teamipswich Swimming November Open Meet	Ipswich	teamipswich	3
38.42	273	F	10/03/13	Suffolk County Championships	Ipswich	teamipswich	2
38.59	270	H	28/10/12	Teamipswich 14th Open Meet	Ipswich	teamipswich	2
39.68	248	H	23/10/11	teamipswich 13th Open Meet	Ipswich	teamipswich	2
40.13	240	H	10/03/12	Suffolk County Championships	Newmarket	teamipswich	2
41.15	222	H	15/01/12	teamipswich Swimming New Year Opener	Ipswich	teamipswich	4
42.03	209		13/03/11	Suffolk County Championships	Ipswich	teamipswich	2
42.28	205	H	10/07/11	teamipswich Summer Sprints	Ipswich	teamipswich	3
42.46	202		13/03/11	Suffolk County Championships	Ipswich	teamipswich	2
42.75	198	H	08/01/11	teamipswich 12th Licensed Open Meet	Ipswich	teamipswich	3
42.86	197		06/03/10	Suffolk County Champs	Ipswich	teamipswich	2
43.64	186		06/03/10	Suffolk County Champs	Ipswich	teamipswich	2
44.14	180	H	11/07/10	Teamipswich Summer Sprint	Ipswich	teamipswich	3
44.27	179	H	24/10/10	teamipswich 25th Open Meet	Ipswich	teamipswich	2
45.20	168	H	23/01/10	teamipswich 11th Open Meet	Ipswich	teamipswich	2
46.88	150	H	12/07/09	teamipswich Summer Sprints	Ipswich	teamipswich	3
49.66	126		14/03/09	Suffolk County Champs	Ipswich	teamipswich	2
50.49	120		14/03/09	Suffolk County Champs	Ipswich	teamipswich	2
54.63	95	H	13/07/08	teamipswich Summer Sprint	Ipswich	teamipswich	3
55.76	89		22/06/08	Suffolk County Develop Ch	Ipswich	teamipswich	3

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