

Individual Best Times (All Time)

Benjamin Long - (469861) - Armthorpe & District SC - 100 Butterfly - 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
1:05.29	391		09/10/16	DMASA Individual Champs ('The Mets')	Adwick	Armthorpe	4
1:09.72	321		05/10/14	DMASA Individual Championships	Adwick	Armthorpe	4
1:11.95	292	H	12/10/13	Yorkshire Winter Competition	Sheffield	Armthorpe	2
1:13.73	272		06/10/13	Doncaster Metropolitan ASA Championship	Doncaster	Armthorpe	4
1:14.09	268	H	06/04/13	Kingston Upon Hull Easter A B Meet	Hull	Armthorpe	3
1:17.35	235	H	08/12/12	Boro of Barnsley 17 Annual Christmas Meet	Barnsley	Armthorpe	3
1:21.06	204		07/10/12	Doncaster Dartes Individual Championships	Doncaster	Armthorpe	4
1:22.53	194	H	16/06/12	Harrogate District SC Summer A Grade Meet	Harrogate	Armthorpe	3
1:27.22	164	H	23/07/11	City of Bradford End of Season Meet	Bradford	Armthorpe	3
1:27.61	162	H	17/09/11	Rotherham Metro A & B Grade Gala	Sheffield	Armthorpe	3
1:30.17	148		02/10/11	Doncaster Metropolitan Championships	Doncaster	Armthorpe	4
1:33.69	132	H	24/07/10	Bradford End of Season	Shipley	Armthorpe	3
1:34.75	128	H	16/07/11	Yorkshire Time Trial	Armthorpe	Armthorpe	4
1:37.55	117	H	12/12/09	City of Bradford Xmas	Shipley	Armthorpe	2

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