

Individual Best Times (All Time)

Benjamin Long - (469861) - Armthorpe & District SC - 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
33.30	292	H	05/07/15	Borough of Barnsley 8th Annual Summer Sizzler	Sheffield		3
33.49	287	H	22/11/14	Armthorpe Schofield Home Championships	Armthorpe	Armthorpe	4
33.60	284	H	06/04/14	Kingston Upon Hull A B Meet	Hull	Armthorpe	3
34.19	270	H	23/11/13	Armthorpe Club Championships	Armthorpe	Armthorpe	4
34.22	269		08/03/15	Doncaster ASA John Harriman Championships	Adwick	Armthorpe	4
34.25	269		28/09/14	Doncaster Dartes SC September Sprints Meet 2014	Beverley	Armthorpe	3
36.20	227	H	24/11/12	Armthorpe SC Schofield Home Champs	Armthorpe	Armthorpe	4
36.30	225	H	08/12/12	Boro of Barnsley 17 Annual Christmas Meet	Barnsley	Armthorpe	3
38.62	187	H	15/04/12	City of Derby 29th Short Course Meet	Derby	Armthorpe	3
39.03	181		30/09/12	Doncaster Dartes September Sprints Meet	Doncaster	Armthorpe	3
39.06	181		25/09/11	Doncaster Dartes Sprint Meet	Beverley	Armthorpe	4
39.19	179	H	26/11/11	Armthorpe Schofield Home Club Championship	Armthorpe	Armthorpe	4
39.32	177	H	24/07/10	Bradford End of Season	Shipley	Armthorpe	3
40.00	168		25/06/11	Team Jorvik Viking Sprints 3 Grades Meet	Leeds	Armthorpe	4
40.61	161	H	23/07/11	City of Bradford End of Season Meet	Bradford	Armthorpe	3
40.80	159	H	11/10/09	Yorkshire Winter Meet	Sheffield	Armthorpe	2
41.07	156	H	06/02/11	Harrogate District 29th Open Meet	Harrogate	Armthorpe	2

Swims in Date Order

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39.32	177	H	24/07/10	Bradford End of Season	Shipley	Armthorpe	3
40.80	159	H	11/10/09	Yorkshire Winter Meet	Sheffield	Armthorpe	2