

# Individual Best Times (All Time)

Frederick Benians - (796803) - South Croydon SC - 100 Individual Medley - 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
1:08.04	379	F	17/03/13	Surrey County Championships	Guildford	Plymouth Lea	2
1:08.74	368	H	17/03/13	Surrey County Championships	Guildford	Plymouth Lea	2
1:12.02	320	F	25/11/12	Atlantis Christmas Cracker Open Meet	Horsham	Plymouth Lea	3
1:12.56	313	H	19/02/14	Devon County Championships	Plymouth	Plymouth Lea	2
1:13.25	304		04/11/11	Croydon Amphibians Club Championships	Croydon	Plymouth Lea	4
1:17.86	253	H	27/02/11	Surrey County Championships	Guildford	Plymouth Lea	2
1:18.29	249	F	27/02/11	Surrey County Championships	Guildford	Plymouth Lea	2
1:20.78	227		21/11/10	Croydon Amphibians Club	Croydon	Plymouth Lea	4
1:21.43	221	F	27/11/10	Guildford County Qualifer	Guildford	Plymouth Lea	2
1:25.83	189	H	18/09/10	Ken Deeley 50m Sprint Meet	Brighton	Plymouth Lea	3
1:31.03	158	H	21/02/10	Surrey County Champs	Guildford	Plymouth Lea	2
1:33.42	146	F	30/01/10	Surrey County Development	Guildford	Plymouth Lea	3
1:36.72	132		11/10/09	Croydon Amphibians Champs	Whitgift	Plymouth Lea	4
1:38.93	123	H	19/09/09	Ken Deeley Sprint Meet	Brighton	Plymouth Lea	3
1:41.45	114		05/07/09	Godalming Summer B Grade	Cranleigh	Plymouth Lea	4

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