

Individual Best Times (All Time)

Ben Gilchrist - (856706) - Richmond Dales ASC - 200 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
2:14.31	486	H	13/12/19	Scottish National Short Course Championships	Edinburgh		2
2:16.31	465	H	16/06/18	Middlesbrough June 2018 Meet	The Neptune Centre	Durham City	3
2:16.78	460	H	24/11/18	Durham City Club Gala Series 2018 - Gala - 2	Freemans Quay Durham	Durham City	4
2:19.58	433	H	03/11/19	North East Region Open Championships (25m)	Sheffield	Durham City	2
2:19.71	432	H	26/11/17	Durham City Autumn Club Gala 2017	Durham	Durham City	4
2:22.56	406	H	13/10/19	BOSSS Winter Swim Festival 2019	Billingham	Durham City	2
2:23.36	400	H	29/09/18	Richmond Dales Back to School Gala	Middlesbrough	Durham City	2
2:23.88	395	H	13/01/22	Richmond Dales ASC Club Champs 2022	Richmond	RichmondDale	4
2:32.24	334	H	18/06/16	Middlesbrough 2016 Open Meet	Middlesbrough	Wear Valley	3
2:43.51	269	H	19/09/15	Richmond Dales Open Meet	Durham	Wear Valley	3
2:47.37	251	H	17/05/15	Wear Valley May Level 3 Meet	Bishop Auckland	Wear Valley	3
2:56.50	214	F	20/09/14	Richmond Dales ASC Open Meet	Durham		3
3:06.02	183	H	18/05/14	Wear Valley ASC May 2014 Level 3 Meet	Bishop Aukland	Wear Valley	3
3:26.16	134	H	12/01/13	Newburn ASC New Year Graded Meet	Stanley	Wear Valley	3
3:38.11	113	H	04/11/12	Wear Valley ASC Guy Fawkes Meet	Bishop Auckland	Wear Valley	3

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