

Individual Best Times (All Time)

Francesca Adams - (1106780) - Newcastle SwimTeam

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.41	34.80	296	01/02/14	NDSA Championships	Sunderland	CC4064	1
100 Breaststroke	1:53.74	1:52.60	179	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
200 Breaststroke	4:13.78	4:11.70	159	12/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
50 Butterfly	40.72	40.30	215	18/05/14	City of Sunderland May Open 2014	Sunderland	NE4378	1
50 Backstroke	42.16	41.70	258	17/05/14	City of Sunderland May Open 2014	Sunderland	NE4378	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.52	34.10	320	14/02/15	Gateshead & Whickham February Invitation Meet	Gateshead	NE150568	3
100 Freestyle	1:15.21	1:16.30	298	14/02/15	Gateshead & Whickham February Invitation Meet	Gateshead	NE150568	3
200 Freestyle	2:53.61	2:55.60	256	11/07/15	Newcastle Swim Team Summer Gala	Tynemouth	NE151334	3
50 Breaststroke	52.96	53.60	153	02/06/13	Blyth Summer Sprints Meet 2013	Blyth	NE3050	4
100 Breaststroke	1:42.84	1:44.10	222	14/02/15	Gateshead & Whickham February Invitation Meet	Gateshead	NE150568	3
50 Butterfly	38.99	39.50	244	14/02/15	Gateshead & Whickham February Invitation Meet	Gateshead	NE150568	3
50 Backstroke	43.67	44.10	193	05/07/14	Newcastle Swim Team 1st Summer Gala	Newcastle	NE4685	3
100 Individual Medley	1:38.16	1:38.20	190	02/06/13	Blyth Summer Sprints Meet 2013	Blyth	NE3050	4