

Individual Best Times (All Time)

Leah Adams - (1190492) - Melton Mowbray SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	45.34	44.90	141	11/03/18	Nova Centurion March Sprint Meet 2018	Nottingham	EM180094	3
50 Backstroke	48.73	48.30	167	11/03/18	Nova Centurion March Sprint Meet 2018	Nottingham	EM180094	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	45.46	45.90	128	10/02/18	Grantham Grand Prix	Grantham	EM180189	3
100 Freestyle	1:34.61	1:35.50	149	07/09/19	Melton Mowbray Club Champs	Waterfield	EM192733	4
200 Freestyle	3:31.74	3:33.40	141	12/05/18	Grantham Grand Prix	Grantham	EM180192	3
400 Freestyle	8:04.29	8:07.20	108	10/06/17	Melton Mowbray Sprint & LD Championships	Melton Mowbray	EM170701	4
800 Freestyle	15:34.40	15:40.60	133	21/04/18	Melton Mowbray Club Championships	Waterfield LC	EM181028	4
50 Breaststroke	59.69	1:00.20	107	29/09/18	Melton Mowbray Club Sprints 50m	Melton Mowbray	EM182104	4
100 Breaststroke	1:56.91	1:58.00	151	14/09/19	Melton Mowbray Club Champs	Waterfield	EM192734	4
200 Breaststroke	4:26.61	4:28.60	128	01/09/18	Melton Mowbray Club 200m Back Brst	Melton Mowbray	EM182100	4
50 Butterfly	55.32	55.70	85	29/09/18	Melton Mowbray Club Sprints 50m	Melton Mowbray	EM182104	4
50 Backstroke	45.32	45.80	172	29/09/18	Melton Mowbray Club Sprints 50m	Melton Mowbray	EM182104	4
100 Backstroke	1:33.46	1:34.30	202	14/09/19	Melton Mowbray Club Champs	Waterfield	EM192734	4
200 Backstroke	3:30.98	3:32.60	179	01/09/18	Melton Mowbray Club 200m Back Brst	Melton Mowbray	EM182100	4
200 Individual Medley	3:50.83	3:52.50	147	24/11/18	Melton Mowbray Club Annuals IM (100m 200m)	Melton Mowbray	EM182105	4
100 Individual Medley	1:43.74	1:43.70	161	23/11/19	Melton Mowbray Club Champs	Waterfield	EM192737	4