

Individual Best Times (All Time)

Isobel Adams - (1270334) - Bude Sharks

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.28	32.60	357	04/03/18	City of Sheffield Swim Squad	Sheffield	NE180162	3
100 Freestyle	1:13.77	1:12.60	344	04/03/18	City of Sheffield Swim Squad	Sheffield	NE180162	3
200 Freestyle	2:40.94	2:38.80	344	25/11/17	City of Sheffield Snow Frills Meet	Sheffield	NE170317	3
50 Breaststroke	40.87	40.10	363	24/02/18	Yorkshire County Championships	Sheffield	NE180137	1
100 Breaststroke	1:30.29	1:28.90	358	04/03/18	City of Sheffield Swim Squad	Sheffield	NE180162	3
200 Breaststroke	3:20.03	3:17.40	325	01/07/18	City of Leeds Summer Meet 2018	Leeds	NE180078	3
50 Butterfly	38.08	37.60	264	01/07/18	City of Leeds Summer Meet 2018	Leeds	NE180078	3
50 Backstroke	40.25	39.70	297	04/03/18	City of Sheffield Swim Squad	Sheffield	NE180162	3
100 Backstroke	1:25.86	1:24.90	297	04/03/18	City of Sheffield Swim Squad	Sheffield	NE180162	3
200 Individual Medley	3:04.04	3:01.90	321	25/11/17	City of Sheffield Snow Frills Meet	Sheffield	NE170317	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.51	33.10	350	07/01/18	City of Leeds New Year Meet 2018	Leeds	NE180081	3
100 Freestyle	1:10.94	1:12.10	355	06/01/18	City of Leeds New Year Meet 2018	Leeds	NE180081	3
200 Freestyle	2:47.47	2:49.50	285	24/06/17	City of Leeds Summer Meet 2017	Leeds	NE170157	3
50 Breaststroke	40.86	41.60	334	06/01/18	City of Leeds New Year Meet 2018	Leeds	NE180081	3
100 Breaststroke	1:27.98	1:29.40	356	07/01/18	City of Leeds New Year Meet 2018	Leeds	NE180081	3
200 Breaststroke	3:13.65	3:16.40	335	17/12/17	City of Leeds Xmas Meet 2017	Leeds	NE171857	3
50 Butterfly	39.41	39.90	236	17/12/17	City of Leeds Xmas Meet 2017	Leeds	NE171857	3
50 Backstroke	39.22	39.70	266	06/01/18	City of Leeds New Year Meet 2018	Leeds	NE180081	3
200 Individual Medley	2:54.11	2:56.40	342	17/06/18	Harrogate Summer A Grade Meet	Harrogate	NE180138	3
100 Individual Medley	1:36.38	1:36.40	201	23/07/16	City of Leeds Summer Development Meet	Leeds	NE160428	4