

Individual Best Times (All Time)

Rachel Adams - (774680) - Maidstone SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.15	37.70	235	09/10/12	Maidstone SC Club Championships	Maidstone	SE2750	4
100 Freestyle	1:18.26	1:19.30	264	12/09/13	Maidstone Club Championships 2013	Maidstone	SE3675	4
200 Freestyle	3:03.84	3:05.70	216	09/10/12	Maidstone SC Club Championships	Maidstone	SE2750	4
50 Breaststroke	56.15	56.70	128	14/11/10	Kent Development Meet	Gillingham	LR0667	4
100 Breaststroke	1:42.49	1:43.70	225	19/09/13	Maidstone Club Championships 2013	Maidstone	SE3675	4
50 Backstroke	42.06	42.50	216	15/10/13	Maidstone Club Championships 2013	Maidstone	SE3675	4
100 Backstroke	1:31.04	1:31.90	219	27/09/12	Maidstone SC Club Championships	Maidstone	SE2750	4
200 Individual Medley	3:24.84	3:26.80	210	02/10/12	Maidstone SC Club Championships	Maidstone	SE2750	4
100 Individual Medley	1:34.66	1:34.70	212	02/10/12	Maidstone SC Club Championships	Maidstone	SE2750	4