

Individual Best Times (All Time)

Adelaida Gradillas - (1102097) - Natare West London Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.79	27.00	613	05/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
100 Freestyle	1:00.10	58.70	636	06/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
200 Freestyle	2:10.98	2:08.30	639	21/05/17	2017 London Swimming Regional Age Group Champs	Crystal Palace	LR170802	1
400 Freestyle	4:33.39	4:28.20	638	04/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
800 Freestyle	9:44.70	9:34.70	569	13/05/17	2017 London Swimming Regional AG Champs	Stratford	LR170801	1
50 Breaststroke	37.29	36.40	478	02/03/19	Rushmoor Royals Regional Qualifier Open Meet	Aldershot	SE190468	3
100 Breaststroke	1:21.87	1:20.30	480	27/01/19	2019 Middlesex County Championships	London	LR190268	1
200 Breaststroke	3:11.39	3:08.60	371	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	LR160415	1
50 Butterfly	31.65	31.00	459	02/03/19	Rushmoor Royals Regional Qualifier Open Meet	Aldershot	SE190468	3
100 Butterfly	1:09.97	1:08.90	498	22/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	EM170475	1
200 Butterfly	2:41.14	2:39.20	431	14/05/17	2017 London Swimming Regional AG Champs	Stratford	LR170801	1
50 Backstroke	33.00	32.40	539	26/01/19	2019 Middlesex County Championships	London	LR190268	1
100 Backstroke	1:09.67	1:08.50	557	19/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180783	1
200 Backstroke	2:34.55	2:32.40	505	21/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	EM170475	1
200 Individual Medley	2:30.00	2:27.30	594	19/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180783	1
400 Individual Medley	5:21.01	5:15.50	568	12/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180782	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.12	27.90	604	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Freestyle	59.03	1:00.40	616	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Freestyle	2:08.88	2:11.50	627	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
400 Freestyle	4:35.49	4:40.50	591	09/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
800 Freestyle	10:18.64	10:27.90	459	09/10/16	Rushmoor Royals Autumn Distance Meet 2016	Aldershot	SE161436	2
1500 Freestyle	22:08.25	22:23.70	319	10/10/15	Barnes Club Championships 2015	Barnes	LR151419	4
50 Breaststroke	40.06	40.80	355	17/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
100 Breaststroke	1:20.67	1:22.20	461	16/06/18	ESC End of Season Open	Northolt	LR180594	3
200 Breaststroke	2:53.48	2:56.50	466	17/06/18	ESC End of Season Open	Northolt	LR180594	3
50 Butterfly	33.30	33.90	392	27/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
100 Butterfly	1:07.87	1:09.00	505	09/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
200 Butterfly	2:38.35	2:40.30	430	17/06/18	ESC End of Season Open	Northolt	LR180594	3
50 Backstroke	32.83	33.40	454	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
100 Backstroke	1:05.95	1:07.20	576	18/11/18	Guildford City L2 Winter Open	Surrey SP	SE180713	2
200 Backstroke	2:26.71	2:29.00	532	16/06/18	ESC End of Season Open	Northolt	LR180594	3
200 Individual Medley	2:23.59	2:26.30	611	17/11/18	Guildford City L2 Winter Open	Surrey SP	SE180713	2
400 Individual Medley	5:30.53	5:35.80	480	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
100 Individual Medley	1:06.92	1:06.90	602	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2