

Individual Best Times (All Time)

Mia Adlington - (1115275) - Braintree & Bocking SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.98	32.60	368	18/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
100 Freestyle	1:12.42	1:13.60	334	23/10/14	Braintree & Bocking Club Championships	Braintree	ER14356	4
200 Freestyle	2:44.50	2:46.60	301	26/10/14	Braintree & Bocking Club Championships	Braintree	ER14357	4
400 Freestyle	5:49.49	5:53.50	289	16/10/15	Braintree & Bocking Club Championships	Braintree	ER151927	4
800 Freestyle	11:53.00	12:01.10	300	06/11/15	Braintree & Bocking Club Championships	Braintree	ER151928	4
50 Breaststroke	42.02	42.80	307	12/04/15	Halstead 6th Short Course Open Meet	Braintree	ER150571	3
100 Breaststroke	1:34.77	1:36.10	284	08/11/15	Braintree & Bocking Club Championships	Braintree	ER151928	4
200 Breaststroke	3:27.75	3:30.30	271	05/11/15	Braintree & Bocking Club Championships	Braintree	ER151928	4
50 Butterfly	35.52	36.10	323	06/09/15	Halstead 3rd Season Starter - Sprint Meet	Braintree	ER151261	3
100 Butterfly	1:22.71	1:23.60	279	14/11/15	National Arena League-London Div1&2 Rounds123	Dagenham	ER152119	3
200 Butterfly	3:37.63	3:39.10	166	16/11/14	Braintree & Bocking Club Championships	Braintree	ER14359	4
50 Backstroke	38.73	39.20	277	29/09/16	Braintree & Bocking Club Championships 2016	Braintree	ER161910	4
100 Backstroke	1:27.67	1:28.60	245	26/10/14	Braintree & Bocking Club Championships	Braintree	ER14357	4
200 Backstroke	3:00.59	3:02.40	285	15/10/15	Braintree & Bocking Club Championships	Braintree	ER151927	4
200 Individual Medley	3:03.46	3:05.60	293	15/10/15	Braintree & Bocking Club Championships	Braintree	ER151927	4
100 Individual Medley	1:21.30	1:21.30	335	06/09/15	Halstead 3rd Season Starter - Sprint Meet	Braintree	ER151261	3