

# Individual Best Times (All Time)

Hannah Adams - (1166672) - City of Cambridge SC

Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                         | Venue     | Licence  | Level |
|-----------------------|---------|-----------------|-----------|----------|----------------------------------------------|-----------|----------|-------|
| 50 Freestyle          | 30.28   | 29.60           | 474       | 01/07/17 | Bishops Stortford End of Season LC Open Meet | Luton     | ER170873 | 3     |
| 100 Freestyle         | 1:08.70 | 1:07.50         | 426       | 14/05/16 | Team Luton May Long Course Meet              | Luton     | ER160180 | 1     |
| 400 Freestyle         | 5:10.85 | 5:06.30         | 434       | 18/02/17 | WDSC Long Course "No Frills" Invitation Meet | Wycombe   | SE170569 | 1     |
| 50 Breaststroke       | 42.36   | 41.60           | 326       | 01/07/17 | Bishops Stortford End of Season LC Open Meet | Luton     | ER170873 | 3     |
| 50 Butterfly          | 32.87   | 32.30           | 410       | 14/01/17 | 16th City of Derby Long Course Open Meet     | Sheffield | EM170105 | 1     |
| 100 Butterfly         | 1:13.27 | 1:12.20         | 434       | 15/01/17 | 16th City of Derby Long Course Open Meet     | Sheffield | EM170105 | 1     |
| 50 Backstroke         | 33.14   | 32.50           | 532       | 14/01/17 | 16th City of Derby Long Course Open Meet     | Sheffield | EM170105 | 1     |
| 100 Backstroke        | 1:12.16 | 1:11.00         | 501       | 15/01/17 | 16th City of Derby Long Course Open Meet     | Sheffield | EM170105 | 1     |
| 200 Backstroke        | 2:39.28 | 2:37.20         | 462       | 14/01/17 | 16th City of Derby Long Course Open Meet     | Sheffield | EM170105 | 1     |
| 200 Individual Medley | 2:44.96 | 2:42.50         | 446       | 18/02/17 | WDSC Long Course "No Frills" Invitation Meet | Wycombe   | SE170569 | 1     |

Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                               | Venue      | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|----------------------------------------------------|------------|----------|-------|
| 50 Freestyle          | 29.41   | 30.10           | 473       | 18/12/16 | Hatfield Christmas Gala                            | Hatfield   | ER162424 | 3     |
| 100 Freestyle         | 1:03.88 | 1:05.20         | 486       | 18/12/16 | Hatfield Christmas Gala                            | Hatfield   | ER162424 | 3     |
| 200 Freestyle         | 2:17.21 | 2:19.70         | 519       | 18/12/16 | Hatfield Christmas Gala                            | Hatfield   | ER162424 | 3     |
| 400 Freestyle         | 5:06.13 | 5:10.70         | 431       | 26/02/17 | Cambridgeshire County Championships 2017           | Whittlesey | ER170351 | 2     |
| 50 Breaststroke       | 41.27   | 42.00           | 324       | 16/07/17 | Jeanne Barker July Open Meet                       | Cambridge  | ER170266 | 3     |
| 100 Breaststroke      | 1:28.53 | 1:29.90         | 349       | 25/03/17 | Cambridge Spring Open                              | Cambridge  | ER170393 | 3     |
| 50 Butterfly          | 31.77   | 32.40           | 451       | 28/01/17 | Cambridgeshire County Championships 2017           | Cambridge  | ER170350 | 2     |
| 100 Butterfly         | 1:11.24 | 1:12.30         | 436       | 26/03/17 | Cambridge Spring Open                              | Cambridge  | ER170393 | 3     |
| 200 Butterfly         | 3:22.51 | 3:24.10         | 206       | 13/03/16 | Basildon & Phoenix SC Spring Time Trial Event 2016 | Basildon   | ER160007 | 3     |
| 50 Backstroke         | 32.81   | 33.40           | 455       | 04/12/16 | Newmarket & District December Open Meet            | Newmarket  | ER161482 | 3     |
| 100 Backstroke        | 1:09.41 | 1:10.60         | 494       | 17/12/16 | Hatfield Christmas Gala                            | Hatfield   | ER162424 | 3     |
| 200 Backstroke        | 2:32.03 | 2:34.20         | 478       | 26/02/17 | Cambridgeshire County Championships 2017           | Whittlesey | ER170351 | 2     |
| 200 Individual Medley | 2:35.88 | 2:38.40         | 477       | 28/01/17 | Cambridgeshire County Championships 2017           | Cambridge  | ER170350 | 2     |
| 400 Individual Medley | 5:33.52 | 5:38.80         | 467       | 25/03/17 | Cambridge Spring Open                              | Cambridge  | ER170393 | 3     |
| 100 Individual Medley | 1:12.46 | 1:12.50         | 474       | 29/01/17 | Cambridgeshire County Championships 2017           | Cambridge  | ER170350 | 2     |