

Individual Best Times (All Time)

Elizabeth Adlam - (1206121) - Loughborough Town SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	41.72	42.20	166	27/09/14	Loughborough Town SC Annual Gala	Loughborough	EM14440	4
100 Freestyle	1:32.18	1:33.10	161	13/09/14	Loughborough Town SC Annual Gala	Loughborough	EM14437	4
200 Freestyle	3:13.55	3:15.30	185	12/10/14	City of Leicester Mini Meet Series	Leicester	EM14225	3
400 Freestyle	7:10.06	7:13.30	155	27/09/14	Loughborough Town SC Annual Gala	Loughborough	EM14440	4
50 Breaststroke	50.09	50.70	181	21/06/14	Loughborough Town SC Sprint Gala 2014	Loughborough	EM4947	4
100 Breaststroke	2:05.93	2:06.90	121	25/09/14	Loughborough Town SC Annual Gala	Loughborough	EM14439	4
50 Backstroke	50.28	50.70	126	13/09/14	Loughborough Town SC Annual Gala	Loughborough	EM14437	4
100 Individual Medley	1:47.21	1:47.20	146	12/10/14	City of Leicester Mini Meet Series	Leicester	EM14225	3