

Individual Best Times (All Time)

Ayooluwanimi Adelowo - (1221291) - Saxon Crown (Lewisham) SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.95	33.30	336	13/07/19	Portsmouth Northsea End of Season Meet 2019	Mountbatten SC	SE191275	3
100 Freestyle	1:17.69	1:16.60	294	14/07/19	Portsmouth Northsea End of Season Meet 2019	Mountbatten SC	SE191275	3
50 Breaststroke	46.37	45.70	248	14/07/19	Portsmouth Northsea End of Season Meet 2019	Mountbatten SC	SE191275	3
100 Breaststroke	1:44.87	1:43.70	228	13/07/19	Portsmouth Northsea End of Season Meet 2019	Mountbatten SC	SE191275	3
50 Butterfly	39.01	38.50	245	14/07/19	Portsmouth Northsea End of Season Meet 2019	Mountbatten SC	SE191275	3
50 Backstroke	40.01	39.50	302	13/07/19	Portsmouth Northsea End of Season Meet 2019	Mountbatten SC	SE191275	3
100 Backstroke	1:30.60	1:29.70	253	13/07/19	Portsmouth Northsea End of Season Meet 2019	Mountbatten SC	SE191275	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.11	33.70	332	27/10/18	Kent Development Meet 2018	Gillingham	SE181909	3
100 Freestyle	1:16.28	1:17.40	285	07/03/20	OOJS & EDSC Spring Charity Meet 2020	Crook Log	LR200297	3
200 Freestyle	2:55.09	2:57.10	250	29/09/19	Orpington Ojays Season Starter 2019 Open Meet	Kent	LR192254	3
50 Breaststroke	45.11	45.80	248	28/10/18	Kent Development Meet 2018	Gillingham	SE181909	3
100 Breaststroke	1:42.00	1:43.20	228	29/09/19	Orpington Ojays Season Starter 2019 Open Meet	Kent	LR192254	3
50 Butterfly	37.65	38.20	271	27/10/18	Kent Development Meet 2018	Gillingham	SE181909	3
50 Backstroke	38.03	38.60	292	25/01/20	Romford Town Non-County Qualifiers Meet	Romford	LR200114	3
100 Backstroke	1:24.53	1:25.50	273	29/09/19	Orpington Ojays Season Starter 2019 Open Meet	Kent	LR192254	3
200 Individual Medley	3:24.89	3:26.80	210	03/03/19	EDSC OOJS Spring Charity Meet 2019	Crook Log	LR190190	3
100 Individual Medley	1:26.71	1:26.70	276	25/01/20	Romford Town Non-County Qualifiers Meet	Romford	LR200114	3