

Individual Best Times (All Time)

Adam Ajmal - (1354383) - Northampton Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.33	30.70	297	09/02/20	NASA 2020 County Championships	Corby	EM200572	1
100 Freestyle	1:13.82	1:12.70	255	26/05/19	City of Sheffield Swim Squad No Frills	Sheffield	NE190401	3
50 Breaststroke	40.69	39.90	259	26/01/20	NASA 2020 County Championships	Corby	EM200571	1
100 Breaststroke	1:38.48	1:37.20	192	25/05/19	City of Sheffield Swim Squad No Frills	Sheffield	NE190401	3
50 Butterfly	33.44	32.90	295	25/01/20	NASA 2020 County Championships	Corby	EM200571	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.96	31.60	276	27/10/19	Leicester Sharks Trick or Treat Open Meet	Nuneaton	EM191240	3
100 Freestyle	1:10.47	1:11.60	257	27/10/19	Leicester Sharks Trick or Treat Open Meet	Nuneaton	EM191240	3
800 Freestyle	12:07.75	12:15.70	226	29/10/19	Northampton SC Time Trials	Moulton College	EM193227	4
1500 Freestyle	23:36.44	23:51.00	213	30/10/19	Northampton SC Time Trials	Moulton College	EM193227	4
50 Breaststroke	40.40	41.20	235	26/10/19	Leicester Sharks Trick or Treat Open Meet	Nuneaton	EM191240	3
100 Breaststroke	1:30.61	1:32.00	227	26/10/19	Leicester Sharks Trick or Treat Open Meet	Nuneaton	EM191240	3
50 Butterfly	33.51	34.10	273	27/10/19	Leicester Sharks Trick or Treat Open Meet	Nuneaton	EM191240	3
200 Individual Medley	2:59.36	3:01.60	228	27/10/19	Leicester Sharks Trick or Treat Open Meet	Nuneaton	EM191240	3
100 Individual Medley	1:19.08	1:19.10	241	28/09/19	Northampton & City of Leic Early Season Sprint	Braunstone	EM192138	4