

Individual Best Times (All Time)

Aderinsola Ademefun - (1426663) - Maidstone SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.23	29.50	476	12/05/24	Romford Last Chance L1 National Qualifier Meet 24	Crawley	LR240632	1
100 Freestyle	1:06.30	1:05.00	474	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
200 Freestyle	2:27.97	2:25.60	443	06/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1
50 Breaststroke	39.04	38.20	416	25/02/23	Kent Swimming Championships 2023	Stratford	LR230204	1
100 Breaststroke	1:26.99	1:25.50	400	10/02/24	Kent County Championships 2024	Stratford	LR240210	1
50 Butterfly	32.01	31.40	444	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
100 Butterfly	1:14.16	1:13.10	418	06/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1
50 Backstroke	33.54	32.90	513	12/05/24	Romford Last Chance L1 National Qualifier Meet 24	Crawley	LR240632	1
100 Backstroke	1:14.43	1:13.30	456	07/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1
200 Backstroke	2:42.62	2:40.60	434	11/02/23	Kent Swimming Championships 2023	Stratford	LR230203	1
200 Individual Medley	2:55.42	2:53.20	371	24/09/22	Lis Hartley L3 Open Meet Crawley 2022	K2 Crawley	SE221387	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.89	30.60	451	25/06/23	Maidstone Level 3 Summer Development Meet 2023	Maidstone	SE230446	3
100 Freestyle	1:04.65	1:05.90	469	13/04/24	Medway ASA Championships 2024	Maidstone	SE240445	3
200 Freestyle	2:23.53	2:25.90	453	10/06/23	Crawley Summer Splash L3 Gala 2023	Crawley	SE231137	3
400 Freestyle	5:03.89	5:08.50	440	02/03/24	Medway ASA Championships 2024	Maidstone	SE240444	3
800 Freestyle	10:42.53	10:51.50	410	14/11/23	Maidstone SC Club Championships 2023	Maidstone	SE230706	4
1500 Freestyle	20:29.22	20:45.90	403	07/11/23	Maidstone SC Club Championships 2023	Maidstone	SE230705	4
50 Breaststroke	38.10	38.90	412	18/11/23	Maidstone Level 3 Winter Qualifier 2023	Maidstone	SE230793	3
100 Breaststroke	1:25.39	1:26.90	389	25/06/23	Maidstone Level 3 Summer Development Meet 2023	Maidstone	SE230446	3
200 Breaststroke	3:26.55	3:29.10	276	23/09/22	Maidstone SC Club Championships 2022	Maidstone	SE221359	4
50 Butterfly	32.47	33.00	423	10/06/23	Crawley Summer Splash L3 Gala 2023	Crawley	SE231137	3
100 Butterfly	1:13.33	1:14.40	400	15/07/23	Medway ASA Championships 2023	Maidstone	SE230488	3
200 Butterfly	3:07.71	3:09.40	258	30/09/22	Maidstone SC Club Championships 2022	Maidstone	SE221360	4
50 Backstroke	33.48	34.10	428	26/04/24	Maidstone SC Time Trials Series 2024	Maidstone	SE240314	4
100 Backstroke	1:12.30	1:13.40	437	02/03/24	Medway ASA Championships 2024	Maidstone	SE240444	3
200 Backstroke	2:38.76	2:40.80	420	10/01/23	Maidstone SC Time Trials Series 2023	Maidstone	SE230048	4
200 Individual Medley	2:44.57	2:47.00	406	25/03/23	Black Lion SC Regional Chaser 2023	Gillingham	SE230542	3
400 Individual Medley	6:06.03	6:10.80	354	04/10/22	Maidstone SC Club Championships 2022	Maidstone	SE221361	4
100 Individual Medley	1:14.19	1:14.20	441	16/09/23	Medway ASA Championships 2023	Maidstone	SE230489	3