

Individual Best Times (All Time)

Amelia Adair - (1527631) - Dunmow Atlantis SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	40.97	41.50	175	30/06/22	Dunmow Atlantis SC Club Championships 22	Dunmow	ER221050	4
50 Breaststroke	51.48	52.10	167	24/04/22	Braintree & Bocking SC Spring Sprints	Essex	ER220510	3
100 Breaststroke	1:54.82	1:55.90	160	23/06/22	Dunmow Atlantis SC Club Championships 22	Dunmow	ER221049	4
200 Breaststroke	4:15.85	4:17.90	145	16/06/22	Dunmow Atlantis SC Club Championships 22	Dunmow	ER221048	4
50 Butterfly	47.77	48.20	132	16/06/22	Dunmow Atlantis SC Club Championships 22	Dunmow	ER221048	4