

Individual Best Times (All Time)

Bryony Adams - (548249) - Shepway Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.11	35.70	278	29/12/12	City of Canterbury Christmas Open Meet	Canterbury	SE2851	3
100 Freestyle	1:16.07	1:17.20	288	13/01/13	Dover LG & City of Canterbury Icebreaker	Canterbury	SE3027	2
200 Freestyle	2:53.60	2:55.60	256	15/09/12	Canterbury SC Club Championships	Canterbury	SE2682	4
400 Freestyle	6:00.36	6:04.20	264	15/09/12	Canterbury SC Club Championships	Canterbury	SE2682	4
50 Breaststroke	42.63	43.40	294	30/06/14	Folkestone Club Championships	Folkestone	SE4835	4
100 Breaststroke	1:37.76	1:39.00	259	27/10/12	East Invicta ASA Annual Championships	Canterbury	SE2586	3
50 Butterfly	40.51	41.00	217	24/06/12	Dover Lifeguard WhiteCliffs Invitation	Dover	SE2412	4
50 Backstroke	39.28	39.80	265	27/06/14	Folkestone Sports Centre SC Club Championships	Folkestone	SE4834	4
100 Backstroke	1:25.21	1:26.20	267	28/10/12	East Invicta ASA Annual Championships	Canterbury	SE2586	3
200 Backstroke	3:15.40	3:17.10	225	15/09/12	Canterbury SC Club Championships	Canterbury	SE2682	4
200 Individual Medley	3:13.20	3:15.20	250	15/09/12	Canterbury SC Club Championships	Canterbury	SE2682	4
100 Individual Medley	1:22.91	1:22.90	316	07/07/14	Folkestone Club Championships	Folkestone	SE4837	4