

Individual Best Times (Masters)

Jose Adam - (34) - Brighton Dolphin SC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	44.31	151	14/06/13	British Gas GB Masters 2013	Plymouth	MAS382	0
100 Freestyle	1:42.34	128	04/05/12	British Gas Masters Meet	Sheffield	MAS328	0
200 Freestyle	3:57.17	107	05/05/12	British Gas Masters Meet	Sheffield	MAS328	0
50 Breaststroke	1:05.61	87	23/01/22	South East Open LC Masters	K2 Crawley	MAS937	0
50 Butterfly	1:02.57	59	01/04/16	British Masters & Senior Age Group Meet	Sheffield	MAS598	0
100 Butterfly	2:35.10	45	18/06/11	British Gas Masters Champ 2011	Leeds	MAS268	0
50 Backstroke	49.17	163	04/05/12	British Gas Masters Meet	Sheffield	MAS328	0
100 Backstroke	1:51.16	137	19/06/09	British Gas Masters 2009	Cardiff	MAS150	0
200 Backstroke	4:08.27	122	20/06/09	British Gas Masters 2009	Cardiff	MAS150	0
200 Individual Medley	4:14.46	121	06/05/12	British Gas Masters Meet	Sheffield	MAS328	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	44.07	140	25/10/13	BG ASA Masters Meet 2013	Sheffield	MAS388	0
100 Freestyle	1:38.47	132	27/10/13	BG ASA Masters Meet 2013	Sheffield	MAS388	0
200 Freestyle	3:48.51	112	15/07/12	Barnet Copthall Distance Meet	Barnet	MAS377	0
400 Freestyle	8:09.58	105	15/07/12	Barnet Copthall Distance Meet	Barnet	MAS377	0
800 Freestyle	17:02.65	101	14/07/12	Barnet Copthall Distance Meet	Barnet	MAS377	0
50 Breaststroke	57.51	120	05/06/11	Wiltshire Masters Block 3 Meet	Salisbury	MAS296	0
100 Breaststroke	2:05.47	122	07/06/09	Wiltshire (B2) Masters Meet	Swindon	MAS189	0
200 Breaststroke	4:40.52	110	24/09/11	South East Region Masters Meet	Aldershot	MAS293	0
50 Butterfly	57.95	74	28/10/11	BG ASA National Masters Meet	Sheffield	MAS275	0
100 Butterfly	2:14.72	64	21/02/09	Wiltshire Masters Meet	Tidworth	MAS202	0
50 Backstroke	47.85	146	20/10/01	ASA National Masters SC Champs	Sheffield	ASA020	0
100 Backstroke	1:53.12	114	07/06/09	Wiltshire Masters Meet	Tidworth	MAS202	0
200 Backstroke	4:09.95	107	25/10/09	BG ASA Masters & Age Grps 2009	Sheffield	MAS156	0
200 Individual Medley	4:10.60	114	28/10/11	BG ASA National Masters Meet	Sheffield	MAS275	0
400 Individual Medley	9:21.72	97	27/10/12	BG ASA Masters & Senior Meet	Sheffield	MAS335	0
100 Individual Medley	1:50.04	135	20/10/01	ASA National Masters SC Champs	Sheffield	ASA020	0