

# Individual Best Times (All Time)

Adam Binns - (1107398) - Blackpool Aquatics ASC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.22	33.80	223	08/12/19	Blackpool Aquatics Club Champs 2019	Blackpool	NW193025	4
100 Freestyle	1:06.94	1:08.20	300	09/07/21	Blackpool Aquatics	Blackpool	LEX3254	0
200 Freestyle	2:26.09	2:28.40	314	06/07/21	Blackpool Aquatics	Blackpool	LEX3254	0
400 Freestyle	6:06.42	6:10.20	194	25/11/18	Blackpool Aquatics Club Championships 2018	Blackpool	NW182007	4
800 Freestyle	11:18.76	11:27.20	278	10/12/19	Blackpool Aquatics Club Champs 2019	Blackpool	NW193026	4
50 Breaststroke	42.38	43.10	204	06/07/21	Blackpool Aquatics	Blackpool	LEX3254	0
100 Breaststroke	1:37.59	1:38.90	181	10/12/19	Blackpool Aquatics Club Champs 2019	Blackpool	NW193026	4
200 Breaststroke	3:26.94	3:29.50	195	09/07/21	Blackpool Aquatics	Blackpool	LEX3254	0
50 Butterfly	37.88	38.40	189	08/12/19	Blackpool Aquatics Club Champs 2019	Blackpool	NW193025	4
50 Backstroke	37.24	37.80	209	09/07/21	Blackpool Aquatics	Blackpool	LEX3254	0
100 Backstroke	1:22.81	1:23.80	198	09/07/21	Blackpool Aquatics	Blackpool	LEX3254	0
200 Backstroke	2:53.77	2:55.70	224	06/07/21	Blackpool Aquatics	Blackpool	LEX3254	0
100 Individual Medley	1:18.99	1:19.00	242	26/11/19	Blackpool Aquatics Club Champs 2019	Blackpool	NW193022	4