

Individual Best Times (All Time)

Adam Ryan - (1165345) - Halesowen SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.40	25.60	496	02/05/22	West Midlands Region 2022 Regional Championships	Coventry	WM220504	1
100 Freestyle	58.71	57.30	508	07/05/23	West Midland Regional Summer Championships 2023	Coventry	WM230352	1
200 Freestyle	2:23.81	2:21.40	356	24/03/19	UoB & Bristol Henleaze National Qualifier Open	Hengrove	SW190355	1
50 Breaststroke	34.47	33.50	426	01/05/23	West Midland Regional Summer Championships 2023	Coventry	WM230351	1
50 Butterfly	27.21	26.50	548	12/03/23	Nova Centurion National Qualifier Meet 2022	Nottigham	EM230091	1
100 Butterfly	1:02.00	1:00.80	507	03/04/22	Nova Centurion April Meet	Nottingham	EM220175	1
200 Butterfly	2:28.24	2:26.10	412	02/04/22	Nova Centurion April Meet	Nottingham	EM220175	1
50 Backstroke	29.64	29.00	501	02/05/22	West Midlands Region 2022 Regional Championships	Coventry	WM220504	1
100 Backstroke	1:04.39	1:03.10	514	04/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
200 Backstroke	2:21.46	2:19.10	495	02/04/22	Nova Centurion April Meet	Nottingham	EM220175	1
200 Individual Medley	2:25.66	2:22.90	479	11/03/23	Nova Centurion National Qualifier Meet 2022	Nottigham	EM230091	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.51	26.30	493	05/02/22	Worcester County SA County Championships 2022	Worcester	WM220082	2
100 Freestyle	55.99	57.50	513	03/12/22	Nuneaton & Bedworth SC Winter Open Meet	Nuneaton	WM220399	3
200 Freestyle	2:03.97	2:06.70	515	03/12/22	Nuneaton & Bedworth SC Winter Open Meet	Nuneaton	WM220399	3
400 Freestyle	4:35.82	4:40.90	455	19/11/22	Halesowen SC Club Championships 2022	Droitwich	WM222096	4
800 Freestyle	9:49.23	9:59.00	426	24/11/22	Bromsgrove SC Distance Club Champs 2022	Bromsgrove	WM222241	4
1500 Freestyle	18:53.90	19:12.00	416	01/12/22	Bromsgrove SC Distance Club Champs 2022	Bromsgrove	WM222242	4
50 Breaststroke	32.53	33.50	451	03/12/22	Nuneaton & Bedworth SC Winter Open Meet	Nuneaton	WM220399	3
100 Breaststroke	1:14.09	1:15.80	415	29/10/22	Halesowen SC Club Championships 2022	Droitwich	WM222094	4
200 Breaststroke	2:52.28	2:55.30	339	05/11/22	Halesowen SC Club Championships 2022	Droitwich	WM222095	4
50 Butterfly	27.12	27.80	515	19/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2
100 Butterfly	1:00.94	1:02.20	481	06/11/22	SE West Midlands Winter Short Course Champs 2022	Coventry	WM222203	2
200 Butterfly	2:19.53	2:21.80	449	19/11/22	Halesowen SC Club Championships 2022	Droitwich	WM222096	4
50 Backstroke	28.21	28.90	481	03/12/22	Nuneaton & Bedworth SC Winter Open Meet	Nuneaton	WM220399	3
100 Backstroke	1:01.05	1:02.30	496	06/11/22	SE West Midlands Winter Short Course Champs 2022	Coventry	WM222203	2
200 Backstroke	2:13.67	2:16.10	493	05/11/23	SE West Midlands Winter Championships 2023	Sandwell	WM232038	2
200 Individual Medley	2:22.32	2:25.10	457	19/03/22	Nuneaton & Bedworth SC Delia Reynolds Open Meet	Nuneaton	WM220197	3
100 Individual Medley	1:03.68	1:03.70	463	28/11/21	Nuneaton & Bedworth Winter Open Meet	Nuneaton	WM210357	3