

# Individual Best Times (All Time)

Nubia Adjei - (1180684) - Sutton & Cheam SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.78	27.00	613	05/03/20	7th Africa Zone 2 Swimming Championships	Ghana	GBR1336	1
100 Freestyle	1:01.41	1:00.00	597	02/06/24	Wandsworth SC Summer Meet 2024	Crawley	LR241043	3
200 Freestyle	2:17.23	2:14.70	556	01/06/24	Wandsworth SC Summer Meet 2024	Crawley	LR241043	3
50 Breaststroke	52.08	51.50	175	10/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3
50 Butterfly	29.31	28.70	579	20/08/22	XV CANA AFRICAN SWIMMING CHAMPIONSHIPS	Tunis	GBR1782	1
100 Butterfly	1:13.42	1:12.40	431	09/02/19	Surrey Age Group Championships 2019	London	LR190270	1
50 Backstroke	30.54	29.90	680	01/11/21	14th CANA African Swimming Championship	Ghana	GBR1559	3
100 Backstroke	1:09.12	1:07.90	570	30/07/22	Commonwealth Games 2022	Birmingham	INT397	1
200 Backstroke	2:39.05	2:36.90	464	11/02/17	Surrey Age Group Championships	Guildford	LR170177	1
200 Individual Medley	2:47.59	2:45.20	426	19/03/17	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE170371	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.19	27.90	599	15/12/19	Sutton & Cheam Santa's Splash & Dash 2019	Carshalton	LR192155	4
100 Freestyle	1:01.28	1:02.60	551	05/11/23	SE London Winter Championships 2023	Stratford	LR231947	2
200 Freestyle	2:15.25	2:17.80	542	21/10/23	Sutton & Cheam and S Croydon Club Champs 2023	Carshalton	LR231948	4
800 Freestyle	11:46.36	11:54.50	308	15/11/15	Sutton & Cheam SC 2015 Club Championships	Kingswood	LR151795	4
50 Breaststroke	45.03	45.70	250	29/11/15	Bexley Short Course Open	Bexleyheath	LR150603	3
100 Breaststroke	1:41.09	1:42.30	234	14/06/15	Surrey Development Meet 2015	Guildford	LR151509	3
50 Butterfly	29.11	29.80	587	13/12/22	16th FINA World Swimming Championships (25m) 2022	Melbourne	INT401	2
100 Butterfly	1:10.22	1:11.30	456	30/11/19	London Borough of Sutton Annual Swimming Champs	Carshalton	LR192211	4
50 Backstroke	29.94	30.60	599	04/11/23	SE London Winter Championships 2023	Stratford	LR231947	2
100 Backstroke	1:08.18	1:09.30	521	01/12/19	London Borough of Sutton Annual Swimming Champs	Carshalton	LR192211	4
200 Backstroke	2:34.93	2:37.10	452	22/10/23	Sutton & Cheam and S Croydon Club Champs 2023	Carshalton	LR231948	4
200 Individual Medley	2:44.78	2:47.20	404	04/03/17	Surrey Age Group Championships	Guildford	LR170179	2
100 Individual Medley	1:15.59	1:15.60	417	15/10/16	Sutton & Cheam Club Championships 2016	Kingswood	LR161834	4