

Individual Best Times (All Time)

Adam Duke - (1188720) - Hart Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.13	31.80	271	07/05/17	Hart Development Meet 2017	Fleet	SE171048	4
100 Freestyle	1:09.16	1:10.40	272	09/07/17	Hart Club Championships	Fleet	SE171425	4
200 Freestyle	2:35.89	2:38.10	259	07/05/17	Hart Development Meet 2017	Fleet	SE171048	4
400 Freestyle	5:55.88	5:59.80	212	03/07/16	Hart Club Championships	Fleet	SE161266	4
50 Breaststroke	50.18	50.80	122	20/09/15	Hart SC John Bennett Gala 2015	Fleet	SE151677	4
50 Butterfly	38.81	39.30	176	08/05/16	Hart Development Meet	Fleet	SE160888	4
50 Backstroke	37.20	37.70	209	07/05/17	Hart Development Meet 2017	Fleet	SE171048	4
100 Backstroke	1:20.62	1:21.60	215	18/06/17	Hart Club Championships	Fleet	SE171421	4
200 Backstroke	2:48.67	2:50.60	245	25/06/17	Hart Club Championships	Fleet	SE171423	4
200 Individual Medley	2:54.11	2:56.40	249	09/07/17	Hart Club Championships	Fleet	SE171425	4
100 Individual Medley	1:19.60	1:19.60	237	07/05/17	Hart Development Meet 2017	Fleet	SE171048	4