

Individual Best Times (All Time)

Josef Adams - (1294210) - Chelsea & Westminster SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	23.93	23.00	667	05/05/24	SE London Region Summer Championships 2024	London	LR240711	1
100 Freestyle	52.76	51.20	700	14/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
200 Freestyle	1:57.02	1:54.00	662	13/04/24	City of Sunderland National Qualifier 2024	Sunderland	NE240694	1
400 Freestyle	4:17.62	4:12.10	623	09/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1
50 Breaststroke	40.33	39.50	266	09/02/20	The 2020 Middlesex County Championships	London	LR200152	1
50 Butterfly	28.12	27.40	496	28/01/23	City of Sunderland SC New Year Meet 2023	Sunderland	NE230134	1
100 Butterfly	1:04.10	1:02.90	459	18/12/22	Winchester Winter Sparkler Meet 2022	Winchester	SE222312	3
50 Backstroke	26.98	26.20	665	04/05/24	SE London Region Summer Championships 2024	London	LR240711	1
100 Backstroke	58.48	57.10	686	03/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1
200 Backstroke	2:09.56	2:07.00	644	07/04/24	Speedo Aquatics GB Swimming Championships 2024	London	BSW026	1
200 Individual Medley	2:39.18	2:36.70	367	15/02/20	The 2020 Middlesex County Championships	London	LR200153	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.19	24.10	657	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
100 Freestyle	51.43	53.00	662	15/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Freestyle	1:54.73	1:57.70	649	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
400 Freestyle	4:04.04	4:09.70	657	23/10/23	CW+Millfield Int'l Meet Part of 23/24 Arena Series	Millfied School	SW231690	2
50 Breaststroke	39.25	40.00	256	17/11/19	Swim Bourenmouth L2 Winter Short Course	Littledown Centre	SW192634	2
50 Butterfly	26.72	27.40	539	21/10/23	CW+Millfield Int'l Meet Part of 23/24 Arena Series	Millfied School	SW231690	2
100 Butterfly	1:02.22	1:03.40	452	06/11/22	SE London Winter Championships 2022	Lewisham	LR221681	2
50 Backstroke	25.23	26.00	672	17/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
100 Backstroke	55.53	57.00	659	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Backstroke	2:05.02	2:07.70	603	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
200 Individual Medley	2:15.71	2:18.60	527	30/06/23	Chelsea & Westminster SC Club Championships 2023	Kensington	LR231314	3
100 Individual Medley	1:12.99	1:13.00	307	24/10/20	Natare West London	Latymer Sports Cen	LEX508	0