Individual Best Times (All Time)

Temi Adewale - (1440687) - Sandwell Aquatics Club

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|--------------------|--------------|----------|-----------------------------------|---------------|----------|-------|
| 50 Freestyle | 46.47 | 46.90 | 120 | 20/09/19 | OSTC Club Championships | West Bromwich | WM192765 | 4 |
| 100 Freestyle | 1:48.82 | 1:49.60 | 98 | 27/09/19 | OSTC Club Championships | West Bromwich | WM192766 | 4 |
| 50 Breaststroke | 1:02.12 | 1:02.60 | 95 | 27/09/19 | OSTC Club Championships | West Bromwich | WM192766 | 4 |
| 100 Breaststroke | 2:21.93 | 2:22.80 | 84 | 20/09/19 | OSTC Club Championships | West Bromwich | WM192765 | 4 |
| 50 Butterfly | 1:05.46 | 1:05.80 | 51 | 29/09/19 | Worcester County Development Meet | Wolverhampton | WM190096 | 3 |
| 50 Backstroke | 56.50 | 56.90 | 89 | 20/09/19 | OSTC Club Championships | West Bromwich | WM192765 | 4 |
| 100 Individual Medley | 2:05.88 | 2:05.90 | 90 | 27/09/19 | OSTC Club Championships | West Bromwich | WM192766 | 4 |