

Individual Best Times (All Time)

Adam Kanok - (1607614) - Maldon Sharks Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.71	31.40	282	24/03/24	BBSC March Madness Regional Qualifier Open Meet 24	Braintree	ER240176	3
100 Freestyle	1:10.60	1:11.80	256	02/12/23	BBSC & DASC Christmas Cracker Meet 2023	Braintree	ER231878	3
50 Breaststroke	47.53	48.20	144	02/12/23	BBSC & DASC Christmas Cracker Meet 2023	Braintree	ER231878	3
100 Breaststroke	1:52.77	1:53.90	117	16/04/23	Halstead SC Annual Open Meet 2023	Braintree	ER230217	3
50 Butterfly	36.88	37.40	205	24/03/24	BBSC March Madness Regional Qualifier Open Meet 24	Braintree	ER240176	3
50 Backstroke	43.04	43.50	135	04/12/22	Colchester Last Chance County Qualifier	Braintree	ER221322	3
100 Backstroke	1:41.22	1:42.00	108	26/11/22	Braintree & Dunmow Atlantis Christmas Cracker 2022	Braintree	ER221818	3
100 Individual Medley	1:23.51	1:23.50	205	02/12/23	BBSC & DASC Christmas Cracker Meet 2023	Braintree	ER231878	3