

Individual Best Times (All Time)

Adam Crafer - (314772) - Norwich Swan SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.60	25.80	485	16/04/17	UEA City of Norwich Easter LC Meet	Norwich	ER170310	1
100 Freestyle	59.16	57.70	496	02/07/16	UEA City Of Norwich Midsummer Madness Open Meet	Norwich	ER161254	3
200 Freestyle	2:14.45	2:11.80	436	08/01/11	City of Derby 10th Long Course Open Meet	Sheffield	EM1029	1
400 Freestyle	4:44.22	4:39.20	464	12/06/11	BG East Region Bagcat Championships	Norwich	ERX117	1
800 Freestyle	9:51.20	9:41.30	447	19/02/11	Norfolk County Championships	Norwich	CC1099	1
1500 Freestyle	18:57.14	18:38.80	449	12/02/11	Norfolk County Championships	Norwich	CC1098	1
50 Breaststroke	36.27	35.40	366	06/05/12	ASA East Region Youth Championships	Basildon	ERX203	1
100 Breaststroke	1:14.76	1:13.10	440	09/01/11	City of Derby 10th Long Course Open Meet	Sheffield	EM1029	1
200 Breaststroke	2:40.63	2:37.30	476	05/06/11	BG East Region Bagcat Championships	Norwich	ERX116	1
50 Butterfly	29.83	29.20	416	06/05/12	ASA East Region Youth Championships	Basildon	ERX203	1
100 Butterfly	1:06.26	1:05.10	415	18/12/11	Northampton Winter Festival Open Meet	Corby	EM1466	1
200 Individual Medley	2:21.49	2:18.70	523	28/05/11	City of Sheffield No Frills Meet	Sheffield	NE1118	1
400 Individual Medley	5:06.99	5:01.20	492	04/06/11	BG East Region Bagcat Championships	Norwich	ERX116	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.37	26.20	501	29/01/17	Norfolk ASA County Championships 2017	Norfolk	ER170329	2
100 Freestyle	55.49	57.00	527	15/10/17	20th Diss Otters Open Sprint Meet	UEA Sportspark	ER171007	3
200 Freestyle	2:06.29	2:09.00	487	03/03/12	Norfolk County Championships	Thetford	CC2080	2
400 Freestyle	4:29.99	4:35.10	485	13/03/11	Norfolk County Championships	Thetford	CC1101	2
50 Breaststroke	32.91	33.80	435	09/04/17	COPS Last Chance Regional Qualifier 2017	Peterborough	ER170327	3
100 Breaststroke	1:11.61	1:13.30	460	17/10/10	ASA National Team Div 2	Sheffield	ASA106	2
200 Breaststroke	2:34.52	2:37.90	470	06/03/11	Norfolk County Championships	Thetford	CC1100	2
50 Butterfly	28.21	28.90	458	02/12/17	GYSC Winter Wipeout 2017	UEA	ER171869	3
100 Butterfly	1:03.96	1:05.10	416	06/04/13	City of Peterborough Licensed Open	Peterborough	ER3015	2
50 Backstroke	31.15	31.80	357	04/11/12	UEA Norwich Big Bang L2 Meet	Norwich	ER2301	2
100 Backstroke	1:06.38	1:07.60	385	03/03/13	Norfolk County Championships	Thetford	CC3075	2
200 Backstroke	2:23.83	2:26.10	396	10/03/12	Norfolk County Championships	Thetford	CC2081	2
200 Individual Medley	2:20.01	2:22.80	480	13/03/11	Norfolk County Championships	Thetford	CC1101	2
400 Individual Medley	4:58.98	5:04.80	484	12/03/11	Norfolk County Championships	Thetford	CC1101	2
100 Individual Medley	1:02.26	1:02.30	495	21/01/17	Norfolk ASA County Championships 2017	Norfolk	ER170328	2