

Individual Best Times (All Time)

Adam Last - (315679) - City of Leeds SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.65	24.80	541	05/05/13	ASA East Region Youth Championships	Luton	ERX312	1
100 Freestyle	55.95	54.40	587	04/05/13	ASA East Region Youth Championships	Luton	ERX312	1
200 Freestyle	2:06.11	2:03.30	529	29/01/12	ASA Central Zone Meet	Corby	ZM2130	1
400 Freestyle	4:46.08	4:41.10	455	06/06/09	East Region BAGCATS	UEA Norwich	ERX913	1
50 Breaststroke	31.59	30.60	554	20/02/16	BUCS Long Course Championships	Sheffield	NE160130	1
100 Breaststroke	1:12.69	1:10.90	479	05/05/12	ASA East Region Youth Championships	Basildon	ERX203	1
200 Breaststroke	2:45.16	2:41.90	438	17/12/11	Northampton Winter Festival Open Meet	Corby	EM1466	1
50 Butterfly	29.50	28.90	430	01/05/11	BG East Region Championships	Norwich	ERX115	1
100 Butterfly	1:06.67	1:05.50	408	03/04/10	City of Norwich Easter Meet	Norwich	ER0186	1
50 Backstroke	30.53	29.90	458	05/05/12	ASA East Region Youth Championships	Basildon	ERX203	1
200 Backstroke	2:42.10	2:40.00	329	04/10/09	Robin Hood Open Meet	Sheffield	EM9305	1
200 Individual Medley	2:21.40	2:18.60	524	17/12/11	Northampton Winter Festival Open Meet	Corby	EM1466	1
400 Individual Medley	5:21.84	5:16.30	427	05/06/10	BG East Region Bagcats	Norwich	ERX012	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.71	25.50	543	15/11/14	BUCS Short Course 2014	Sheffield	BUC010	2
100 Freestyle	54.35	55.90	561	11/03/13	Suffolk County Championships	Ipswich	CC3078	2
200 Freestyle	1:59.67	2:02.50	572	18/03/12	Suffolk County Championships	Newmarket	CC2053	2
400 Freestyle	4:24.91	4:30.10	514	17/06/11	Deben Club Championships	Deben & Ipswich	ER1419	4
50 Breaststroke	30.18	31.20	565	14/11/15	BUCS Short Course Championships	Sheffield	NE151867	2
100 Breaststroke	1:07.66	1:09.50	545	15/11/15	BUCS Short Course Championships	Sheffield	NE151867	2
200 Breaststroke	2:34.10	2:37.50	474	17/03/12	Suffolk County Championships	Newmarket	CC2053	2
50 Butterfly	27.47	28.10	496	16/11/14	BUCS Short Course 2014	Sheffield	BUC010	2
100 Butterfly	1:04.08	1:05.30	414	30/06/12	Deben SC Club Championships	Deben	ER2427	4
200 Butterfly	2:33.93	2:36.00	334	03/07/11	Deben Club Championships	Deben & Ipswich	ER1419	4
50 Backstroke	29.45	30.10	423	16/06/13	Deben SC Club Championships	Woodbridge	ER3509	4
100 Backstroke	1:05.68	1:06.90	398	23/10/11	teampswich 13th Open Meet	Ipswich	ER1483	2
200 Backstroke	2:26.86	2:29.10	372	08/07/11	Deben Club Championships	Deben & Ipswich	ER1419	4
200 Individual Medley	2:14.19	2:17.10	545	11/03/13	Suffolk County Championships	Ipswich	CC3078	2
400 Individual Medley	5:02.27	5:08.00	468	19/06/11	Deben Club Championships	Deben & Ipswich	ER1419	4
100 Individual Medley	1:00.70	1:00.70	535	17/03/13	Suffolk County Championships	Ipswich	CC3079	2