

Individual Best Times (All Time)

Adam-James Lamb - (400028) - Chase SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.93	25.10	524	11/05/13	Derventio Excel Swim Squad 7th LC Open	Sheffield	EM3054	1
100 Freestyle	56.38	54.90	574	11/05/13	Derventio Excel Swim Squad 7th LC Open	Sheffield	EM3054	1
200 Freestyle	2:08.53	2:05.80	499	21/01/12	City of Liverpool Winter Open Distance Mee	Liverpool	NW2117	1
400 Freestyle	4:40.75	4:35.70	481	23/01/11	City of Liverpool Winter Distance Meet	Liverpool	NW1023	1
50 Breaststroke	35.12	34.20	403	19/05/12	Northampton SC May Open Meet	Corby	EM2253	1
100 Breaststroke	1:15.12	1:13.40	434	29/01/12	ASA Central Zone Meet	Corby	ZM2130	1
200 Breaststroke	2:40.49	2:37.20	477	28/04/12	Derventio Excel Swimming Squad 6th Open	Sheffield	EM2075	1
50 Butterfly	28.01	27.30	502	20/05/12	Northampton SC May Open Meet	Corby	EM2253	1
100 Butterfly	1:01.81	1:00.60	512	11/05/13	Derventio Excel Swim Squad 7th LC Open	Sheffield	EM3054	1
50 Backstroke	29.46	28.80	510	03/05/14	Midland Swimming - 2014 Youth Championships	Corby	EMR411	1
100 Backstroke	1:02.09	1:00.80	573	11/05/13	Derventio Excel Swim Squad 7th LC Open	Sheffield	EM3054	1
200 Backstroke	2:14.69	2:12.20	573	19/05/13	Northampton Spring Meet 2013	Corby	EM3321	1
200 Individual Medley	2:16.12	2:13.20	587	18/05/13	Northampton Spring Meet 2013	Corby	EM3321	1
400 Individual Medley	4:58.73	4:52.80	534	18/05/13	Northampton Spring Meet 2013	Corby	EM3321	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.41	26.20	499	08/12/13	Midland Short Course 2013	Stafford	WMR326	2
100 Freestyle	54.91	56.40	544	03/11/13	Chase SC Roebuck Open Meet	Wolverhampton	WM3293	2
200 Freestyle	2:00.78	2:03.60	556	16/03/13	Staffordshire County Championships	Stafford	CC3011	2
400 Freestyle	4:20.31	4:25.60	542	17/03/13	Staffordshire County Championships	Stafford	CC3011	2
800 Freestyle	9:26.89	9:37.00	478	03/12/10	Stafford Apex Open Meet	Stafford	WM0553	2
1500 Freestyle	17:43.53	18:02.70	504	03/03/12	Staffordshire County Championships	Stafford	CC2003	2
50 Breaststroke	33.67	34.60	406	03/03/12	Staffordshire County Championships	Stafford	CC2003	2
100 Breaststroke	1:12.70	1:14.40	439	03/11/13	Chase SC Roebuck Open Meet	Wolverhampton	WM3293	2
200 Breaststroke	2:36.08	2:39.40	456	03/03/12	Staffordshire County Championships	Stafford	CC2003	2
50 Butterfly	29.03	29.70	420	15/03/14	Staffordshire County Championships	Stafford	CC4010	2
100 Butterfly	1:00.29	1:01.50	497	07/12/13	Midland Short Course 2013	Stafford	WMR326	2
200 Butterfly	2:20.82	2:23.00	436	18/01/14	Chase County Qualifier	Wolverhampton	WM4122	3
50 Backstroke	28.50	29.20	466	16/03/14	Staffordshire County Championships	Stafford	CC4010	2
100 Backstroke	59.57	1:00.90	534	16/03/13	Staffordshire County Championships	Stafford	CC3011	2
200 Backstroke	2:10.07	2:12.60	535	17/03/13	Staffordshire County Championships	Stafford	CC3011	2
200 Individual Medley	2:14.22	2:17.10	544	16/03/13	Staffordshire County Championships	Stafford	CC3011	2
400 Individual Medley	4:47.12	4:53.20	546	03/03/13	Staffordshire County Championships	Stafford	CC3010	2
100 Individual Medley	1:01.53	1:01.50	513	08/12/13	Midland Short Course 2013	Stafford	WMR326	2