

Individual Best Times (All Time)

Sadia Hallam - (515190) - Exeter City Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:05.08	1:03.80	501	08/06/14	ASA South West Region AG Championships	Millfield	SWR404	1
200 Freestyle	2:27.01	2:24.60	452	02/06/13	ASA South West Region Age Groups 2013	Millfield	SWR322	1
50 Breaststroke	46.49	45.80	246	08/05/11	Taunton Dean Level 1 Meet	Millfield	SW1025	1
100 Breaststroke	1:29.90	1:28.50	362	13/07/13	Plymouth Leander Non-National Qualifiers Meet	Plymouth	SW3469	3
200 Breaststroke	3:16.13	3:13.40	344	17/06/12	British Gas South West Region AG Champs	Millfield	SWR206	1
50 Butterfly	41.75	41.30	200	10/04/11	Frome, Wells & Shepton Mallet 3 Towers Ope	Millfield	SW1195	3
100 Butterfly	1:21.40	1:20.50	316	16/06/12	British Gas South West Region AG Champs	Millfield	SWR206	1
200 Butterfly	3:38.38	3:36.90	173	12/06/11	BG South West Region Championships	Street	SWR102	1
50 Backstroke	40.82	40.30	284	10/04/11	Frome, Wells & Shepton Mallet 3 Towers Ope	Millfield	SW1195	3
100 Backstroke	1:17.39	1:16.30	406	10/06/12	British Gas ASA SWR Age Groups Champs	Millfield	SWR205	1
200 Backstroke	2:42.65	2:40.60	433	13/07/13	Plymouth Leander Non-National Qualifiers Meet	Plymouth	SW3469	3
200 Individual Medley	2:45.23	2:42.80	444	13/07/13	Plymouth Leander Non-National Qualifiers Meet	Plymouth	SW3469	3
400 Individual Medley	6:04.48	5:59.60	388	02/06/13	ASA South West Region Age Groups 2013	Millfield	SWR322	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.13	35.70	278	22/05/11	Exeter City Level 2 May Meet	Exeter	SW1245	1
100 Freestyle	1:04.21	1:05.50	479	15/02/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4028	2
200 Freestyle	2:20.64	2:23.10	482	02/03/13	Devon County Championships	Plymouth	CC3015	2
400 Freestyle	4:59.42	5:04.10	460	17/02/13	Devon County Championships	Plymouth	CC3014	2
800 Freestyle	10:53.92	11:02.70	389	18/02/12	Devon County Championships	Tiverton	CC2027	2
50 Breaststroke	41.12	41.90	328	01/04/12	Devon County Inter Club Competition	Plymouth	SW2084	2
100 Breaststroke	1:28.51	1:29.90	349	02/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
200 Breaststroke	3:04.63	3:07.50	387	24/11/13	Exeter November Meet 2013	Exeter	SW3868	3
50 Butterfly	34.41	35.00	355	01/04/12	Devon County Inter Club Competition	Plymouth	SW2084	2
100 Butterfly	1:20.29	1:21.20	305	18/02/12	Devon County Championships	Tiverton	CC2027	2
200 Butterfly	3:03.07	3:04.80	278	23/03/12	Devon County Championships	Exeter	CC2029	2
50 Backstroke	34.02	34.60	408	21/04/13	Devon County Inter-Club 2013	Plymouth	SW3086	2
100 Backstroke	1:14.80	1:15.90	395	02/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
200 Backstroke	2:39.51	2:41.60	414	15/02/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4028	2
200 Individual Medley	2:40.41	2:42.90	438	02/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
400 Individual Medley	5:47.77	5:52.80	412	21/02/13	Devon County Championships	Plymouth	CC3016	2
100 Individual Medley	1:15.76	1:15.80	415	20/02/13	Devon County Championships	Plymouth	CC3016	2