

# Individual Best Times (All Time)

Ross Adamson - (70575) - Menzieshill & Whitehall Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.27	25.50	504	22/02/14	BUCS Long Course 2014	Sheffield	BUC009	1
100 Freestyle	58.60	57.20	511	22/02/15	BUCS Long Course Championships 2015	Sheffield	NE150632	1
200 Freestyle	2:12.03	2:09.40	461	22/02/14	BUCS Long Course 2014	Sheffield	BUC009	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.30	27.10	450	05/09/09	SASA Midland Dist Sprints	Dundee	SCO375	1
100 Freestyle	58.75	1:00.20	444	08/03/09	Midland District Champs	Dundee	SCO346	1
200 Freestyle	2:09.92	2:12.60	447	08/03/09	Midland District Champs	Dundee	SCO346	1
400 Freestyle	4:41.38	4:46.30	429	06/03/09	Midland District Champs	Dundee	SCO346	1
50 Breaststroke	38.86	39.70	264	01/09/07	Midland District Sprints	Dundee	SCO255	2
100 Breaststroke	1:23.99	1:25.50	285	02/03/07	Midland District Champs	Dundee	SCO235	2
50 Backstroke	35.86	36.40	234	02/09/06	Midland District Sprint	Dundee	SCO206	2
100 Backstroke	1:17.30	1:18.30	244	02/03/07	Midland District Champs	Dundee	SCO235	2
100 Individual Medley	1:19.50	1:19.50	238	02/09/06	Midland District Sprint	Dundee	SCO206	2