

Individual Best Times (All Time)

Adam Sawyer - (813276) - Hemel Hempstead SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.14	35.70	188	21/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14692	4
100 Freestyle	1:18.15	1:19.20	188	29/06/14	Hemel Hempstead SC Sprint Championships	Hemel Hempstead	ER4169	4
200 Freestyle	2:51.83	2:53.80	193	29/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14693	4
400 Freestyle	6:04.88	6:08.70	196	27/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14693	4
1500 Freestyle	24:38.97	24:52.90	187	20/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14692	4
50 Breaststroke	48.11	48.80	139	22/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14692	4
200 Breaststroke	5:19.06	5:20.70	53	29/11/10	Hemel Hempstead Club Championships	Hemel Hempstead	ER1052	4
50 Butterfly	42.78	43.20	131	01/07/14	Hemel Hempstead SC Sprint Championships	Hemel Hempstead	ER4169	4
100 Butterfly	1:40.92	1:41.70	106	30/06/14	Hemel Hempstead SC Sprint Championships	Hemel Hempstead	ER4169	4
50 Backstroke	41.96	42.40	146	20/10/13	Hemel Hempstead 100th Birthday Open Meet	Hemel Hempstead	ER3121	3
100 Backstroke	1:29.19	1:30.10	159	22/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14692	4
200 Backstroke	3:12.60	3:14.30	164	21/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14692	4
200 Individual Medley	4:19.29	4:20.80	75	29/11/10	Hemel Hempstead Club Championships	Hemel Hempstead	ER1052	4
100 Individual Medley	1:33.34	1:33.30	147	29/06/14	Hemel Hempstead SC Sprint Championships	Hemel Hempstead	ER4169	4