

# Individual Best Times (All Time)

Lowrie Adamson - (90044709) - South Mainland ASC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	45.55	46.00	86	16/06/24	T L Dallas Midsummer Meet 2024	Lerwick	SCO2208	2
50 Breaststroke	1:02.05	1:02.60	65	15/06/24	T L Dallas Midsummer Meet 2024	Lerwick	SCO2208	2
50 Butterfly	1:02.23	1:02.50	42	15/06/24	T L Dallas Midsummer Meet 2024	Lerwick	SCO2208	2
50 Backstroke	50.18	50.60	85	12/05/24	Orkney Open Meet 2024	Kirkwal	SCO2191	2
100 Individual Medley	2:07.84	2:07.80	57	21/01/24	Shetland Hurricanes Pentaqua 2024	Clickimin, Shetland	SCO2134	2