

Individual Best Times (All Time)

Adam Murray - (937909) - City of Cardiff

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.93	25.10	524	03/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
100 Freestyle	57.28	55.80	547	02/08/19	Swim Wales Summer Nationals	Swansea	WL190050	1
200 Freestyle	2:04.65	2:01.80	547	01/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
400 Freestyle	4:24.88	4:19.50	573	05/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
50 Breaststroke	44.63	43.90	196	21/06/15	40 Stuttgart International Swim Meet	Stuttgart	GBR164	1
100 Breaststroke	1:36.12	1:34.80	207	18/04/15	Swim Wales Long Course Closed Meet	Swansea	WL150977	1
200 Breaststroke	3:43.29	3:40.90	177	06/06/14	Cardiff International Open Meet	Cardiff	WAL573	1
50 Butterfly	28.09	27.40	498	04/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
100 Butterfly	1:02.25	1:01.00	501	31/07/18	Swim Wales Summer Nationals	Swansea	WL180091	1
50 Backstroke	29.78	29.10	494	21/04/19	Swim Wales Long Course Championships	WNPS	WL190346	1
100 Backstroke	1:03.11	1:01.80	546	20/04/19	Swim Wales Long Course Championships	WNPS	WL190346	1
200 Backstroke	2:17.69	2:15.30	537	30/07/18	Swim Wales Summer Nationals	Swansea	WL180091	1
200 Individual Medley	2:22.09	2:19.30	516	27/05/18	Cardiff International Open Meet	Cardiff	WL180158	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.67	25.50	545	29/11/19	Swim Wales Short Course Championships	WNPS	WL190048	2
100 Freestyle	55.69	57.20	521	08/12/18	NSL Western Premier Division Final	Newport	WL182780	3
200 Freestyle	2:03.44	2:06.20	521	12/02/19	Swim Wales South East Regional Championships	Newport	WL190036	2
400 Freestyle	4:21.74	4:27.00	533	19/10/19	Greater Gwent Fastwater Open Meet	Newport	WL191444	2
1500 Freestyle	18:04.50	18:23.40	476	22/09/18	City of Cardiff Club Championships	Cardiff	WL181042	3
50 Breaststroke	34.58	35.50	375	21/09/19	City of Cardiff Club Championships	Cardiff	WL191349	3
100 Breaststroke	1:16.30	1:17.90	380	22/09/19	City of Cardiff Club Championships	Cardiff	WL191349	3
200 Breaststroke	2:44.43	2:47.60	390	23/09/18	City of Cardiff Club Championships	Cardiff	WL181042	3
50 Butterfly	27.83	28.50	477	01/12/18	Swim Wales Short Course Championships	Swansea	WL180060	2
100 Butterfly	1:01.15	1:02.40	477	05/02/18	SW South East Regional Championships	Newport	WL180048	2
200 Butterfly	2:25.09	2:27.30	399	23/09/18	City of Cardiff Club Championships	Cardiff	WL181042	3
50 Backstroke	27.84	28.50	500	30/11/19	Swim Wales Short Course Championships	WNPS	WL190048	2
100 Backstroke	59.86	1:01.20	526	29/11/19	Swim Wales Short Course Championships	WNPS	WL190048	2
200 Backstroke	2:07.35	2:09.90	570	01/12/19	Swim Wales Short Course Championships	WNPS	WL190048	2
200 Individual Medley	2:15.83	2:18.70	525	01/12/18	Swim Wales Short Course Championships	Swansea	WL180060	2
400 Individual Medley	4:55.22	5:01.10	503	22/09/18	City of Cardiff Club Championships	Cardiff	WL181042	3
100 Individual Medley	1:37.14	1:37.10	130	18/05/13	South East Wales Regional Junior Development Meet	Newport	WAL497	4