

Individual Best Times (All Time)

Adelaide Elsom - (940205) - West Dorset SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.16	31.80	398	02/07/16	2016 Dorset Development Competition	Littledown	SW160051	3
100 Freestyle	1:10.00	1:11.20	369	03/07/16	2016 Dorset Development Competition	Littledown	SW160051	3
200 Freestyle	2:32.77	2:35.00	376	26/02/17	Dorset County Champs & Age Groups	Bournemouth	SW170161	2
400 Freestyle	5:30.11	5:34.30	343	28/02/16	Dorset County ASA Integrated Champs & AG	Littledown	SW160049	2
800 Freestyle	11:51.36	11:59.50	302	19/11/16	West Dorset Low Level Club Champs	Dorchester	SW162152	4
50 Breaststroke	46.12	46.80	232	05/07/15	Dorset County 2015 Development Competition	Bournemouth	SW150145	3
50 Butterfly	37.01	37.50	285	20/02/16	Dorset County ASA Integrated Champs & AG	Littledown	SW160048	2
100 Butterfly	1:27.70	1:28.60	234	04/07/15	Dorset County 2015 Development Competition	Bournemouth	SW150145	3
200 Butterfly	3:22.77	3:24.30	205	04/12/16	West Dorset December Open Meet	Dorchester	SW162154	3
50 Backstroke	37.70	38.20	300	03/07/16	2016 Dorset Development Competition	Littledown	SW160051	3
100 Backstroke	1:19.85	1:20.90	324	02/07/17	Dorset County ASA Development Comp 2017	Littledown	SW170481	3
200 Backstroke	2:50.10	2:52.10	341	26/02/17	Dorset County Champs & Age Groups	Bournemouth	SW170161	2
200 Individual Medley	3:03.40	3:05.50	293	27/02/16	Dorset County ASA Integrated Champs & AG	Littledown	SW160049	2
400 Individual Medley	6:33.19	6:37.60	285	28/02/15	Dorset County ASA 2015 Interated BAGCATs	Littledown	CC150143	2
100 Individual Medley	1:22.78	1:22.80	318	02/07/16	2016 Dorset Development Competition	Littledown	SW160051	3