

Individual Best Times (All Time)

Emma Adamson - (948489) - Cumbernauld ASC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.39	37.90	230	14/03/15	Cumbernauld Spring Graded Meet	Cumbernauld	SCO952	2
100 Freestyle	1:35.94	1:36.80	143	15/03/14	Cumbernauld Spring Graded Meet 2014	Tryst	SCO821	2
200 Freestyle	2:51.64	2:53.70	265	24/10/15	Alloa Graded Meet 2015	Alloa	SCO1032	2
400 Freestyle	6:02.25	6:06.10	260	25/10/15	Alloa Graded Meet 2015	Alloa	SCO1032	2
50 Breaststroke	47.95	48.60	207	13/06/15	Open Age Group and Senior Meet 2015	Glasgow	SCO1002	2
100 Breaststroke	1:39.33	1:40.60	247	25/04/15	South Ayrshire Open Meet	South Ayrshire	SCO968	2
200 Breaststroke	3:30.41	3:32.90	261	25/10/15	Alloa Graded Meet 2015	Alloa	SCO1032	2
50 Butterfly	47.47	47.90	135	14/06/15	Open Age Group and Senior Meet 2015	Glasgow	SCO1002	2
50 Backstroke	43.58	44.00	194	30/05/15	Rascals Graded Meet 2015	Bellshill	SCO983	2
200 Backstroke	3:43.98	3:45.50	149	30/11/13	Cumbernauld Open Age Group Meet	Cumbernauld	SCO798	2