

Individual Best Times (All Time)

Tom Adams - (1114401) - Deepings SC - 200 Individual Medley - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:19.02	551	H	19/05/19	SE East Midlands Region Champs 2019 Gala 3	Sheffield	Deepings	1
2:21.07	527	H	28/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	Deepings	1
2:22.33	513	H	28/05/17	ASA EM Region Youth Champs 2017	Sheffield	Deepings	1
2:22.55	511	H	22/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	Deepings	1
2:22.66	510	H	12/01/19	City of Derby 17th Long Course Level 1 Open Meet	Sheffield	Deepings	1
2:22.74	509	F	20/04/19	CoNSC EASTER MEET 2019	Norwich	Deepings	1
2:22.78	508	H	13/05/17	Northampton 2017 Long Course Spring Festival	Corby	Deepings	1
2:22.82	508	H	15/04/18	Swim England East Midland Championships 2018	Sheffield	Deepings	1
2:23.92	496	H	17/12/16	Northampton Winter Festival	Corby	Deepings	3
2:24.54	490	H	21/12/19	Northampton Swimming Club Winter Festival	Corby	Deepings	1
2:24.63	489	F	06/08/15	ASA Summer Nationals 2015	Sheffield		1
2:24.68	489	H	07/10/17	Lincoln Vulcans Long Course Open Meet	Sheffield	Deepings	1
2:25.38	482	H	06/08/15	ASA Summer Nationals 2015	Sheffield		1
2:25.58	480	H	09/07/16	Northampton 2016 Long Course Summer Festival	Corby	Deepings	3
2:26.18	474	F	13/05/17	Northampton 2017 Long Course Spring Festival	Corby	Deepings	1
2:26.53	470	F	15/04/18	Swim England East Midland Championships 2018	Sheffield	Deepings	1
2:28.38	453	H	30/01/16	Burns Open Meet 2016	Sheffield	Deepings	1
2:28.76	450	F	28/05/17	ASA EM Region Youth Champs 2017	Sheffield	Deepings	1
2:29.37	444	H	28/06/15	ESSA Inter-Divisional Championships	Sunderland		1
2:30.59	433	F	30/05/15	Midlands Championships 2015	Coventry		1
2:30.77	432	H	30/05/15	Midlands Championships 2015	Coventry		1
2:31.56	425	H	19/12/15	Northampton 2015 Long Course Winter Festival	Corby	Deepings	1
2:31.78	423	H	16/05/15	Northampton Spring Festival	Corby		1
2:34.52	401	F	16/05/15	Northampton Spring Festival	Corby		1
2:55.32	274	H	12/07/14	Northampton Summer Festival Open Meet	Corby	Deepings	3

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