

Individual Best Times (All Time)

Nubia Adjei - (1180684) - Sutton & Cheam SC - 50 Freestyle - 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
27.78	613	F	05/03/20	7th Africa Zone 2 Swimming Championships	Ghana		1
27.82	611	F	02/06/24	Wandsworth SC Summer Meet 2024	Crawley	Sutton Cheam	3
28.05	596	F	27/05/22	8th CANA Zone 2 African Senior Swimming Champs	Senegal		1
28.12	591	H	25/05/24	AP Race International 2024	London	Sutton Cheam	1
28.20	586	H	01/11/21	14th CANA African Swimming Championship	Ghana		3
28.21	586		02/05/24	XVI Africa Aquatics Swimming Championships 2024	Luanda, Angola		1
28.31	580	H	10/03/23	Edinburgh International 2023	Edinburgh		1
28.37	576	H	04/11/17	2017 London Swimming Regional Winter Champs	London	Sutton Cheam	1
28.37	576	H	13/10/23	World Aquatics World Cup 2023 - Leg 2	Athens, Greece		1
28.38	575	F	07/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley		1
28.39	575	H	29/04/23	SE London Summer Championships 2023	Stratford		1
28.40	574	F	07/04/19	Crawley Spring Open	Crawley	Sutton Cheam	1
28.45	571	H	20/08/22	XV CANA AFRICAN SWIMMING CHAMPIONSHIPS	Tunis		1
28.48	569	H	13/05/17	2017 London Swimming Regional AG Champs	Stratford	Sutton Cheam	1
28.48	569	H	05/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Sutton Cheam	1
28.49	569	H	21/01/24	Surrey Age Group Championships 2024	Guildford		1
28.50	568	F	02/08/21	Guildford City SC L3 Summer Open Meet	Surrey Sports Park		3
28.59	563	F	05/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Sutton Cheam	1
28.64	560	H	27/05/18	London Swimming 2018 Long Course Summer Open	London	Sutton Cheam	1
28.67	558	F	23/02/19	Surrey Age Group Championships 2019	London	Sutton Cheam	1
28.73	554	H	17/02/18	Surrey Age Group Championships 2018	Surrey		1
28.78	552	H	06/05/18	2018 London Swimming Regional Summer Champs	Stratford	Sutton Cheam	1
28.80	550	H	27/05/23	AP Race International 2023	London	Sutton Cheam	1
28.82	549	F	13/05/17	2017 London Swimming Regional AG Champs	Stratford	Sutton Cheam	1
28.85	548	H	23/02/19	Surrey Age Group Championships 2019	London	Sutton Cheam	1
28.92	544	F	28/05/17	2017 London Swimming May Open Meet	London	Sutton Cheam	1
28.93	544	F	08/04/18	Crawley Spring Open	Crawley	Sutton Cheam	1

28.92	544	F	08/04/16	Crawley Spring Open	Crawley	Sutton Cheam	1
28.93	543	H	29/05/16	ASA London Region Last Chance Meet	Crystal Palace	Sutton Cheam	1
29.01	539	F	09/04/17	Crawley Spring LC Level 1 Meet	Crawley	Sutton Cheam	1
29.01	539	F	07/01/18	RHAC Launch into Long Course 2018	Canada	Sutton Cheam	1
29.05	536	F	17/02/18	Surrey Age Group Championships 2018	Surrey	Sutton Cheam	1
29.14	531	H	19/03/17	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	Sutton Cheam	1
29.33	521	F	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	Sutton Cheam	1
29.39	518	H	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	Sutton Cheam	1
29.45	515	H	07/01/18	RHAC Launch into Long Course 2018	Canada	Sutton Cheam	1
29.51	512	F	17/04/16	London Schools SA Championships	Crystal Palace		1
29.60	507	H	20/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	Sutton Cheam	1
29.60	507	F	25/02/17	Surrey Age Group Championships	Crystal Palace	Sutton Cheam	1
30.35	470	F	27/02/16	Surrey County ASA Age Group Championships 2016	Crystal Palace	Sutton Cheam	1
30.94	444	H	11/04/15	Bexley Long Course Open Meet	Crystal Palace		1
31.45	423	H	11/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot		3
32.30	390	H	28/02/15	Surrey Age Group Championships	Crystal Palace	Sutton Cheam	1
32.41	386	H	30/05/15	London Regional Championships	London		1
32.81	372	F	15/03/15	London Schools Championships 2015	Crystal Palace		1
33.34	355	F	19/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	Sutton Cheam	3
39.87	207	H	18/01/14	Rushmoor Royals January L1 Open Meet	Crawley	Sutton Cheam	1

Swims in Date Order

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28.12	591	H	25/05/24	AP Race International 2024	London	Sutton Cheam	1
28.21	586		02/05/24	XVI Africa Aquatics Swimming Championships 2024	Luanda, Angola		1
28.38	575	F	07/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley		1
28.49	569	H	21/01/24	Surrey Age Group Championships 2024	Guildford		1
28.37	576	H	13/10/23	World Aquatics World Cup 2023 - Leg 2	Athens, Greece		1
28.80	550	H	27/05/23	AP Race International 2023	London	Sutton Cheam	1
28.39	575	H	29/04/23	SE London Summer Championships 2023	Stratford		1
28.31	580	H	10/03/23	Edinburgh International 2023	Edinburgh		1
28.45	571	H	20/08/22	XV CANA AFRICAN SWIMMING CHAMPIONSHIPS	Tunis		1
28.05	596	F	27/05/22	8th CANA Zone 2 African Senior Swimming Champs	Senegal		1
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28.48	569	H	05/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Sutton Cheam	1
28.40	574	F	07/04/19	Crawley Spring Open	Crawley	Sutton Cheam	1
28.67	558	F	23/02/19	Surrey Age Group Championships 2019	London	Sutton Cheam	1
28.85	548	H	23/02/19	Surrey Age Group Championships 2019	London	Sutton Cheam	1
28.64	560	H	27/05/18	London Swimming 2018 Long Course Summer Open	London	Sutton Cheam	1
28.78	552	H	06/05/18	2018 London Swimming Regional Summer Champs	Stratford	Sutton Cheam	1
28.92	544	F	08/04/18	Crawley Spring Open	Crawley	Sutton Cheam	1
29.05	536	F	17/02/18	Surrey Age Group Championships 2018	Surrey	Sutton Cheam	1
28.73	554	H	17/02/18	Surrey Age Group Championships 2018	Surrey		1
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28.92	544	F	28/05/17	2017 London Swimming May Open Meet	London	Sutton Cheam	1
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30.35	470	F	27/02/16	Surrey County ASA Age Group Championships 2016	Crystal Palace	Sutton Cheam	1
32.41	386	H	30/05/15	London Regional Championships	London		1
30.94	444	H	11/04/15	Bexley Long Course Open Meet	Crystal Palace		1
32.81	372	F	15/03/15	London Schools Championships 2015	Crystal Palace		1
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39.87	207	H	18/01/14	Rushmoor Royals January L1 Open Meet	Crawley	Sutton Cheam	1