

Individual Best Times (All Time)

Nicole Akinbola-Adenrele - (1343382) - Black Lion SC - 50 Breaststroke - 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 |
|-------|--------|-------|----------|--|--------------------|-----------------|-------|
| 42.88 | 314 | H | 01/02/20 | Essex Age Group Championships 2020 | London | Bo Newham | 1 |
| 45.55 | 262 | F | 27/07/19 | NUEL Non National Qualifiers Meet 2019 | London Aquatic | Bo Newham | 3 |
| 45.85 | 257 | H | 13/04/19 | Newham & East London L1 National Qualifying Meet | London | Bo Newham | 1 |
| 46.29 | 249 | H | 02/02/19 | ESSEX AGE GROUP CHAMPS 2019 | LONDON | Bo Newham | 1 |
| 49.75 | 201 | H | 14/07/18 | RTSC End of Season Open Meet 2018 | London Aquatic Ctr | Bo Newham | 3 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|-------|--------|-------|----------|--|--------------------|-----------------|-------|
| 42.88 | 314 | H | 01/02/20 | Essex Age Group Championships 2020 | London | Bo Newham | 1 |
| 45.55 | 262 | F | 27/07/19 | NUEL Non National Qualifiers Meet 2019 | London Aquatic | Bo Newham | 3 |
| 45.85 | 257 | H | 13/04/19 | Newham & East London L1 National Qualifying Meet | London | Bo Newham | 1 |
| 46.29 | 249 | H | 02/02/19 | ESSEX AGE GROUP CHAMPS 2019 | LONDON | Bo Newham | 1 |
| 49.75 | 201 | H | 14/07/18 | RTSC End of Season Open Meet 2018 | London Aquatic Ctr | Bo Newham | 3 |