

Individual Best Times (All Time)

Lewis Adams - (778843) - Newcastle (Staffs) ASC - 200 Butterfly - 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
2:21.75	471	H	29/04/18	Swim England West Midlands Championships	Coventry	Cosacss	1
2:22.42	465	H	21/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	Cosacss	1
2:23.06	458	H	20/05/17	Derventio Excel 1st May Meet	Sheffield	Cosacss	1
2:23.52	454	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Cosacss	1
2:23.65	453	H	21/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	Cosacss	1
2:23.81	451	H	07/05/17	West Midlands Championships	Coventry	Cosacss	1
2:23.92	450	H	08/05/22	West Midlands Region 2022 Regional Championships	Coventry	Newcastle St	1
2:24.02	449	H	28/01/18	Burns Meet 2018	Sheffield	Cosacss	1
2:24.10	448	H	08/04/17	Derventio Excel 11th LC Open Meet	Sheffield	Cosacss	1
2:24.14	448	H	14/05/16	City of Sheffield Swim Squad No Frills Meet	Sheffield	Cosacss	1
2:24.54	444	H	24/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	Cosacss	3
2:25.39	437	F	29/04/18	Swim England West Midlands Championships	Coventry	Cosacss	1
2:26.03	431	H	13/05/17	Nova Centurion May Level 1 LC Open Meet	Nottingham	Cosacss	1
2:27.72	416	H	28/11/15	City of Sheffield Snow Frills Meet	Sheffield		3
2:27.72	416	H	08/05/23	West Midland Regional Summer Championships 2023	Coventry	Newcastle St	1
2:28.18	412	F	24/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	Cosacss	3
2:28.72	408	H	25/03/16	City of Sheffield Swim Squad Premier Meet	Sheffield	Cosacss	1
2:28.74	408	H	24/01/16	Rotherham Metro A&B Grade LC Meet	Sheffield	Cosacss	3
2:30.31	395	F	07/05/17	West Midlands Championships	Coventry	Cosacss	1
2:31.88	383	H	22/01/17	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	Cosacss	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:27.72	416	H	08/05/23	West Midland Regional Summer Championships 2023	Coventry	Newcastle St	1
2:23.92	450	H	08/05/22	West Midlands Region 2022 Regional Championships	Coventry	Newcastle St	1
2:25.39	437	F	29/04/18	Swim England West Midlands Championships	Coventry	Cosacss	1

2:21.75	471	H	29/04/18	Swim England West Midlands Championships	Coventry	Cosacss	1
2:23.52	454	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Cosacss	1
2:24.02	449	H	28/01/18	Burns Meet 2018	Sheffield	Cosacss	1
2:23.65	453	H	21/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	Cosacss	1
2:23.06	458	H	20/05/17	Derventio Excel 1st May Meet	Sheffield	Cosacss	1
2:26.03	431	H	13/05/17	Nova Centurion May Level 1 LC Open Meet	Nottingham	Cosacss	1
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2:23.81	451	H	07/05/17	West Midlands Championships	Coventry	Cosacss	1
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