

Individual Best Times (All Time)

Adam Murray - (937909) - City of Cardiff - 50 Backstroke - 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
29.78	494	F	21/04/19	Swim Wales Long Course Championships	WNPS	Co Cardiff	1
29.96	485	F	01/08/19	Swim Wales Summer Nationals	Swansea	Co Cardiff	1
30.12	477	F	05/08/18	Swim Wales Summer Nationals	Swansea	Co Cardiff	1
30.22	473	H	13/05/18	Manchester Open Meet 2018	Manchester	Co Cardiff	1
30.24	472	H	05/08/18	Swim Wales Summer Nationals	Swansea	Co Cardiff	1
30.29	469	H	01/08/19	Swim Wales Summer Nationals	Swansea	Co Cardiff	1
30.31	469	F	25/05/18	Cardiff International Open Meet	Cardiff	Co Cardiff	1
30.38	465	H	21/04/19	Swim Wales Long Course Championships	WNPS	Co Cardiff	1
30.41	464	F	01/04/18	Swim Wales LC Championships	Swansea	Co Cardiff	1
30.54	458	H	25/05/18	Cardiff International Open Meet	Cardiff	Co Cardiff	1
30.64	454	F	06/01/18	UBSC New Year Level 1 Open Meet	Hengrove	Co Cardiff	1
30.82	446	F	24/03/19	Millfield Street Super Series (LC)	Millfield	Co Cardiff	1
30.91	442	F	06/08/17	Swim Wales Summer Nationals	Swansea	Co Cardiff	1
30.95	440	F	16/04/17	Swim Wales Long Course Championships	Swansea	Co Cardiff	1
31.29	426	H	01/04/18	Swim Wales LC Championships	Swansea		1
31.63	412	H	16/04/17	Swim Wales Long Course Championships	Swansea	Co Cardiff	1
31.75	408	F	12/03/17	United Bristol Qual Level 1 Open Meet	Bristol	Co Cardiff	1
31.82	405	H	06/08/17	Swim Wales Summer Nationals	Swansea	Co Cardiff	1
32.38	384	F	07/08/16	Swim Wales Summer Nationals	Swansea	Co Cardiff	1
32.70	373	H	28/05/16	City of Cardiff Open Meet	Cardiff	Co Cardiff	1
32.79	370	F	09/04/16	City of Bristol International Open Meet	Bristol	Co Cardiff	1
33.45	348	H	27/03/16	Swim Wales Long Course Championships	Swansea	Co Cardiff	1
33.47	348	F	29/07/15	Swim Wales Summer Open Meet	Swansea	Co Cardiff	1
33.54	346	F	14/05/16	City of Swansea Long Course Meet 2016	Swansea	Co Cardiff	1
33.67	342	H	29/07/15	Swim Wales Summer Open Meet	Swansea	Co Cardiff	1
33.90	335	F	03/04/15	Swim Wales Long Course Closed Championships	Swansea	Co Cardiff	1
33.95	333	H	07/08/16	Swim Wales Summer Nationals	Swansea	Co Cardiff	1

33.33	333	H	07/08/18	Swim Wales Summer Nationals	Swansea	Co Cardiff	1
34.26	324	H	25/04/15	The National Arena Swimming League 15th B Final	Cardiff	Co Cardiff	1
34.38	321	H	03/04/15	Swim Wales Long Course Closed Championships	Swansea	Co Cardiff	1
34.95	305	H	30/05/15	Cardiff International Open Meet 2015	Cardiff	Co Cardiff	1
35.82	284	F	10/01/15	United Bristol New Year Open Meet	Hengrove	Co Cardiff	1
36.38	271	F	16/11/14	Welsh Capital Open Meet	Cardiff	Co Cardiff	1
37.17	254	F	08/08/14	Swim Wales Summer Nationals 2014	Swansea	Co Cardiff	1
37.32	251	H	20/06/15	40 Stuttgart International Swim Meet	Stuttgart		1
38.20	234	H	07/06/14	Cardiff International Open Meet	Cardiff	Co Cardiff	1
38.24	233	F	21/09/14	City of Cardiff Club Championships	Cardiff	Co Cardiff	4
38.41	230	H	08/08/14	Swim Wales Summer Nationals 2014	Swansea	Co Cardiff	1
41.03	189	H	08/06/13	Cardiff International Open Meet	Cardiff	Co Cardiff	1
42.89	165	F	17/11/13	City of Cardiff Capital Open Meet	Cardiff	Co Cardiff	1
43.13	162	F	28/09/13	City of Cardiff Club Championships	Cardiff	Co Cardiff	4
43.15	162	F	19/01/14	Exeter January Meet	Cardiff	Co Cardiff	1
43.73	156	F	24/03/13	City of Cardiff SC Tiger Bay Open Meet	Cardiff	Co Cardiff	3
43.92	154	F	14/07/13	Plymouth Leander Non-National Qualifiers Meet	Plymouth	Co Cardiff	3
50.96	98	F	07/07/12	Cardiff Bay Sprint Meet 2012	Cardiff	Co Cardiff	4
52.30	91	F	23/09/12	City of Cardiff SC Club Championships	Cardiff	Co Cardiff	4
52.64	89	F	26/02/12	City of Cardiff Invitational Meet	Cardiff	Co Cardiff	4

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