

Individual Best Times (All Time)

Holly Adams - (1140791) - Staines Swimming Club - 200 Breaststroke - Short 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
3:19.56	306	F	18/06/23	Staines SC Club Champs 2023	St George's Ascot		4
3:24.87	283	F	13/06/22	Staines SC Club Championships	Spellthorne LC		4
3:34.47	247	F	10/05/21	Staines Swimming Club	Egham Orbit		0
3:39.97	228	F	26/10/19	Hart SC Autumn Open Meet 2019	Hart	Staines	3
3:52.09	194	F	23/06/19	Staines Club Championships 2019	Staines	Staines	4
4:14.77	147	F	24/06/18	Staines Club Championships 2018	Spellthorne LC	Staines	4
4:15.51	146	F	03/12/17	BHSC Christmas Cracker County Qualifier 2017	Hendon	Staines	3
4:19.74	139	F	15/07/18	BLACK SWAN SUMMER OPEN MEET 2018	ELMBRIDGE	Staines	3
4:19.85	138	F	25/02/18	Staines SC Black Swan B-C Grade Meet 2018	Walton on Thames	Staines	3
4:30.57	123	F	27/11/16	Black Swan County Qualifier Meet 2016	Walton on Thames	Staines	3
4:32.99	119	F	26/02/17	Black Swan B-C Grade Meet 2017	Walton on Thames	Staines	3

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