

# Individual Best Times (All Time)

Nubia Adjei - (1180684) - Sutton & Cheam SC - 50 Backstroke - 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
29.94	599	H	04/11/23	SE London Winter Championships 2023	Stratford		2
29.96	598	H	13/12/22	16th FINA World Swimming Championships (25m) 2022	Melbourne		2
30.06	592	F	04/11/23	SE London Winter Championships 2023	Stratford		2
30.07	592	F	23/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	Sutton Cheam	3
30.09	590	H	16/12/21	15th FINA World Swimming Championships (25m)	Abu Dhabi		2
30.20	584	F	21/10/23	Sutton & Cheam and S Croydon Club Champs 2023	Carshalton		4
30.30	578	F	04/11/18	2018 London Swimming Regional Winter Champs	London	Sutton Cheam	2
30.67	558	H	02/11/19	2019 London Region Winter Championships	London	Sutton Cheam	2
30.74	554	H	18/11/23	BUCS Short Course Swimming Championships 2023	Sheffield		2
30.80	550	H	06/11/22	SE East Midlands Regional SC Championships 2022	Nottingham	Nova Cent'n	2
30.86	547	H	04/11/18	2018 London Swimming Regional Winter Champs	London	Sutton Cheam	2
30.89	546	F	15/12/19	Sutton & Cheam Santa's Splash & Dash 2019	Carshalton	Sutton Cheam	4
31.00	540	H	14/12/18	SE Winter Championships 2018	Sheffield	Sutton Cheam	2
31.13	533	H	19/11/22	BUCS Short Course 2022-23	Sheffield		2
31.19	530	F	02/11/20	Sutton & Cheam Swimming Club	Westcroft LC		0
31.21	529	F	10/07/21	Surrey Age Group Summer Meet 2021	Guildford		2
31.22	529	F	18/11/18	Guildford City L2 Winter Open	Surrey SP	Sutton Cheam	2
31.28	525	F	30/11/19	London Borough of Sutton Annual Swimming Champs	Carshalton	Sutton Cheam	4
31.35	522	F	05/10/19	Sutton & Cheam Club Championships 2019	Carshalton	Sutton Cheam	4
31.38	520	F	06/10/18	Sutton and Cheam Club Championships	Westcroft LC	Sutton Cheam	4
31.45	517	F	15/12/18	LB Sutton Borough Championships	Westcroft	Sutton Cheam	4
31.54	513	F	15/07/18	S&C Summer Time Splash	Westcroft LC	Sutton Cheam	4
31.65	507	F	03/06/21	Sutton & Cheam	Westcroft		0
31.66	507	F	19/11/17	Guildford City L2 Winter Meet	Guildford	Sutton Cheam	2
31.74	503	F	16/07/17	Sutton & Cheam Summertime Splash 2017	Carshalton	Sutton Cheam	3
31.84	498	F	09/12/18	S&C Santa's Splash and Dash	Westcroft	Sutton Cheam	4
31.84	494	F	10/11/17	Sutton & Cheam Club Championships	Carshalton	Sutton Cheam	4

31.34	494	F	12/11/17	Sutton & Cheam Club Championships	Carshalton	Sutton Cheam	
32.06	488	F	17/12/17	LBS Borough Championships	Westcroft Leisure	Sutton Cheam	4
32.26	479	F	10/12/17	S7C Santa's Splash & Dash 2017	Westcroft LC	Sutton Cheam	4
32.38	474	H	06/11/16	London Region Winter Championships	Stratford	Sutton Cheam	2
32.47	470	F	17/12/23	Sutton & Cheam Stana's Splash & Dash 2023	Carshalton		4
32.58	465	F	20/11/16	Guildford L2 Winter Qualifier Champs	Guildford	Sutton Cheam	2
32.79	456	F	10/07/16	Sutton & Cheam Summertime Splash	Carshalton	Sutton Cheam	3
33.42	431	F	11/12/16	Sutton & Cheam Santa's Splash	Carshalton	Sutton Cheam	4
33.61	424	F	07/01/17	London Boro Sutton Annual Swimming Champs	Carshalton	Sutton Cheam	4
33.75	418	F	16/10/16	Sutton & Cheam Club Championships 2016	Kingswood	Sutton Cheam	4
35.17	370		18/10/15	Sutton & Cheam 2015 Club Championships	Carshalton	Sutton Cheam	4
36.28	337	F	29/11/14	Atlantis Horsham Christmas Cracker Meet	Horsham	Sutton Cheam	3
37.12	314		12/07/15	LBSSA Splash Gala	Carshalton	Sutton Cheam	4
37.35	308		19/10/14	Sutton & Cheam Club Championships	Carshalton	Sutton Cheam	4
37.59	303	H	23/11/14	Beckenham Rising Stars Gala	Beckenham		3
38.24	287	H	06/07/14	Beckenham Summer Development Meet	Beckenham	Sutton Cheam	3
38.30	286	F	18/05/14	Woking SC 5th B C Grade "Octopus" Open Meet	Woking	Sutton Cheam	3
42.06	216	F	13/04/14	Haslemere Junior B Grade Meet	Haslemere	Sutton Cheam	3
44.06	188	H	01/12/13	HVWS Peter Bull Open Meet	Waterlooville	Sutton Cheam	3

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