

Individual Best Times (All Time)

Ciaran Adam - (1199554) - Carnegie ASC - 200 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
2:28.54	359	H	19/01/20	East District Age Groups Round 3	Michael Woods Centre	Carnegie	2
2:28.89	357	F	10/03/19	Fife Leagues March 19	Michael Woods Centre	Carnegie	2
2:31.77	337	F	28/10/18	Carnegie Winter Open Meet 2018	Michael Woods Centre	Carnegie	2
2:32.73	330	H	12/01/19	East District Age Group Championships Round 3	Michael Woods Centre	Carnegie	1
2:59.66	203	F	28/10/17	East District Time Trial	Xcite Leisure Centre	Carnegie	2

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