

Individual Best Times (All Time)

Aderes Litten - (1366244) - Flitwick Dolphins SC - 50 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 |
|-------|--------|-------|----------|---|-------------|-----------------|-------|
| 43.28 | 281 | F | 08/10/23 | Cranleigh SC Autumn Open Meet 2023 | Cranleigh | | 3 |
| 43.51 | 277 | H | 21/10/23 | Flitwick Dolphins Open Meet 2023 | Biggleswade | Flitwick | 3 |
| 43.90 | 269 | F | 03/12/23 | Biggleswade SC 6th Christmas Cracker 2023 | Biggleswade | | 3 |
| 43.93 | 269 | F | 25/03/23 | Linslade Crusaders Mad March Meet 2023 | Bletchley | | 3 |
| 44.31 | 262 | F | 14/04/24 | Haslemere, Godalming & Fanham Mark Menzies Meet | Haslemere | Godalming | 3 |
| 44.85 | 253 | F | 09/06/24 | Cranleigh ASC Summer Open Meet 2024 | Cranleigh | | 3 |
| 45.28 | 245 | F | 03/12/22 | Biggleswade SC 4th Christmas Cracker Meet 2022 | Biggleswade | | 3 |
| 45.50 | 242 | F | 23/04/23 | Mark Menzies Meet 2023 | Haslemere | | 3 |
| 45.56 | 241 | F | 21/05/23 | Cranleigh SC Summer Gala 2023 | Cranleigh | | 3 |
| 45.59 | 240 | F | 12/05/23 | Godalming ASC Spring Sprints 2023 | Godalming | | 4 |
| 46.22 | 231 | F | 27/11/22 | Godalming ASC Club Championships 2022 | Godalming | | 4 |
| 46.32 | 229 | F | 04/12/21 | Guildford City SC County Qualifier | Spectrum LC | | 3 |
| 46.69 | 224 | H | 18/09/22 | Flitwick Dolphins SC Club Championships | Flitwick | Flitwick | 4 |
| 47.38 | 214 | H | 19/09/21 | Flitwick Dolphins SC Club Championships | Flitwick | Flitwick | 4 |
| 47.51 | 212 | H | 16/10/21 | Flitwick Dolphins Open 2021 | Biggleswade | Flitwick | 3 |
| 48.05 | 205 | F | 18/12/21 | Biggleswade SC 4th Christmas Cracker | Biggleswade | | 3 |
| 49.97 | 182 | H | 14/07/21 | Flitwick Dolphins | Flitwick | Flitwick | 0 |
| 50.48 | 177 | F | 10/05/21 | Guildford City | Spectrum | | 0 |
| 52.48 | 157 | F | 05/10/20 | Guildford City SC | Guildford | | 0 |
| 54.10 | 144 | F | 08/12/19 | 3rd Christmas Cracker Open Meet | Biggleswade | Flitwick | 3 |
| 55.25 | 135 | F | 30/06/19 | Guildford City Swimming Club Championships | Guildford | Guildford Ct | 4 |
| 55.63 | 132 | F | 23/11/19 | Linslade Crusaders Almost Last Chance Open Meet | Bletchley | Flitwick | 3 |
| 56.48 | 126 | H | 22/09/19 | Flitwick Dolphins SC Club Championships 2019 | Flitwick | Flitwick | 4 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|------|--------|-------|------|------|-------|-----------------|-------|
|------|--------|-------|------|------|-------|-----------------|-------|

| | | | | | | | |
|-------|-----|---|----------|---|-------------|--------------|---|
| 44.85 | 253 | F | 09/06/24 | Cranleigh ASC Summer Open Meet 2024 | Cranleigh | | 3 |
| 44.31 | 262 | F | 14/04/24 | Haslemere, Godalming & Fanham Mark Menzies Meet | Haslemere | Godalming | 3 |
| 43.90 | 269 | F | 03/12/23 | Biggleswade SC 6th Christmas Cracker 2023 | Biggleswade | | 3 |
| 43.51 | 277 | H | 21/10/23 | Flitwick Dolphins Open Meet 2023 | Biggleswade | Flitwick | 3 |
| 43.28 | 281 | F | 08/10/23 | Cranleigh SC Autumn Open Meet 2023 | Cranleigh | | 3 |
| 45.56 | 241 | F | 21/05/23 | Cranleigh SC Summer Gala 2023 | Cranleigh | | 3 |
| 45.59 | 240 | F | 12/05/23 | Godalming ASC Spring Sprints 2023 | Godalming | | 4 |
| 45.50 | 242 | F | 23/04/23 | Mark Menzies Meet 2023 | Haslemere | | 3 |
| 43.93 | 269 | F | 25/03/23 | Linslade Crusaders Mad March Meet 2023 | Bletchley | | 3 |
| 45.28 | 245 | F | 03/12/22 | Biggleswade SC 4th Christmas Cracker Meet 2022 | Biggleswade | | 3 |
| 46.22 | 231 | F | 27/11/22 | Godalming ASC Club Championships 2022 | Godalming | | 4 |
| 46.69 | 224 | H | 18/09/22 | Flitwick Dolphins SC Club Championships | Flitwick | Flitwick | 4 |
| 48.05 | 205 | F | 18/12/21 | Biggleswade SC 4th Christmas Cracker | Biggleswade | | 3 |
| 46.32 | 229 | F | 04/12/21 | Guildford City SC County Qualifier | Spectrum LC | | 3 |
| 47.51 | 212 | H | 16/10/21 | Flitwick Dolphins Open 2021 | Biggleswade | Flitwick | 3 |
| 47.38 | 214 | H | 19/09/21 | Flitwick Dolphins SC Club Championships | Flitwick | Flitwick | 4 |
| 49.97 | 182 | H | 14/07/21 | Flitwick Dolphins | Flitwick | Flitwick | 0 |
| 50.48 | 177 | F | 10/05/21 | Guildford City | Spectrum | | 0 |
| 52.48 | 157 | F | 05/10/20 | Guildford City SC | Guildford | | 0 |
| 54.10 | 144 | F | 08/12/19 | 3rd Christmas Cracker Open Meet | Biggleswade | Flitwick | 3 |
| 55.63 | 132 | F | 23/11/19 | Linslade Crusaders Almost Last Chance Open Meet | Bletchley | Flitwick | 3 |
| 56.48 | 126 | H | 22/09/19 | Flitwick Dolphins SC Club Championships 2019 | Flitwick | Flitwick | 4 |
| 55.25 | 135 | F | 30/06/19 | Guildford City Swimming Club Championships | Guildford | Guildford Ct | 4 |