

Individual Best Times (All Time)

Orla Adams - (371422) - University of Aberdeen Performan - 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
2:11.75	735	C	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	UoAPS	2
2:13.05	714	C	09/12/17	Scottish National Short Course Open Champs	Edinburgh	UoAPS	2
2:13.16	712	F	03/11/18	North District Open Championships 2018	Aberdeen	UoAPS	2
2:15.89	670	F	02/03/13	SASA North District Age Group Championship	Inverness	Garioch	1
2:15.89	670	H	09/12/17	Scottish National Short Course Open Champs	Edinburgh	UoAPS	2
2:16.02	668	H	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	UoAPS	2
2:16.11	667	H	04/11/17	North District Open Championships 2017	Inverness	UoAPS	1
2:16.15	666	F	02/02/13	Aberdeen Mitchell Trophy 2013	Inverness	Garioch	2
2:16.15	666	F	09/11/19	North District Open Championships 2019	Aberdeen	UoAPS	2
2:16.52	661	H	09/11/19	North District Open Championships 2019	Aberdeen	UoAPS	2
2:16.70	658	F	17/12/11	Scottish Gas National Short Course Open	Inverness	Garioch	1
2:16.97	654	F	05/11/22	North District Open Championships 2022	Aberdeen		2
2:17.14	652	F	04/11/17	North District Open Championships 2017	Inverness	UoAPS	1
2:17.30	650	C	15/12/12	Scottish Gas National SC Championships	Edinburgh	Garioch	1
2:17.31	649	H	05/11/22	North District Open Championships 2022	Aberdeen		2
2:17.66	645	H	03/11/18	North District Open Championships 2018	Aberdeen	UoAPS	2
2:17.91	641	H	14/12/13	Scottish National Short Course Open Meet	Edinburgh	Garioch	1
2:17.92	641	F	08/01/11	British Gas Scottish National SC Open	Glasgow	Garioch	1
2:18.11	638	F	22/03/14	SASA North District Age Group Champs	Fraserburgh	Garioch	1
2:18.24	636	F	08/05/11	Westhill EnQuest Invitational Meet	Westhill	Garioch	2
2:18.34	635	F	18/11/12	ND Open Championships & Scottish GP	Inverness	Garioch	1
2:18.37	635		12/11/11	Aberdeen Mitchell Trophy 2011	Inverness	Garioch	2
2:18.63	631	C	14/12/13	Scottish National Short Course Open Meet	Edinburgh	Garioch	1
2:18.87	628	H	15/12/12	Scottish Gas National SC Championships	Edinburgh	Garioch	1
2:19.20	623	H	15/11/15	SASA North District Grand Prix 2015	Inverness	Garioch	1
2:19.20	623	F	05/11/16	North District Open Championships	Inverness	Garioch	1
2:19.26	622	F	22/02/13	Garioch 200 Open Meet	Westhill	Garioch	2

2:19.20	620	F	22/09/10	Garioch 200 Open Meet	Westhill	Garioch	
2:19.32	622	H	13/12/19	Scottish National Short Course Championships	Edinburgh	UoAPS	2
2:19.36	621	H	17/11/13	SASA North District Open & Grand Prix	Inverness	Garioch	1
2:19.52	619	H	17/12/11	Scottish Gas National Short Course Open	Inverness	Garioch	1
2:19.93	614	H	05/06/10	North District Open Champs	Westhill	Garioch	1
2:19.93	614	F	05/03/11	North District Age Group Meet	Inverness	Garioch	1
2:20.03	612	H	05/11/16	North District Open Championships	Inverness	Garioch	1
2:20.16	611	H	18/11/12	ND Open Championships & Scottish GP	Inverness	Garioch	1
2:20.56	605	H	04/10/14	SASA North District Open Meet	Inverness	Garioch	1
2:20.73	603	F	14/11/21	SASA North District Autumn Championships	Inverness, Scotland		2
2:21.34	595	H	08/01/11	British Gas Scottish National SC Open	Glasgow	Garioch	1
2:21.45	594	F	09/11/10	Scottish Schools Heat Meet	Aberdeen	Garioch	2
2:21.84	589		06/03/10	SASA North District Age	Inverness	Garioch	1
2:21.90	588	F	17/11/13	SASA North District Open & Grand Prix	Inverness	Garioch	1
2:22.14	585	H	13/12/14	Scottish National Short Course Champs	Edinburgh	Garioch	1
2:22.30	583	F	03/03/12	North District Age Group Championships	Peterhead	Garioch	2
2:22.30	583	F	29/05/21	Tighinn Comhla	Various - Summer R1		0
2:22.52	581		16/01/10	Scottish National Champs	Glasgow	Garioch	1
2:23.01	575	F	12/09/10	Garioch Open 200 Meet	Inverurie	Garioch	2
2:23.14	573	F	04/10/14	SASA North District Open Meet	Inverness	Garioch	1
2:23.22	572	F	15/10/17	Garioch ASC G200 2017	Inverurie	UoAPS	2
2:23.33	571		16/01/10	Scottish National Champs	Glasgow	Garioch	1
2:23.57	568	C	15/11/15	SASA North District Grand Prix 2015	Inverness	Garioch	1
2:23.57	568	F	16/10/16	Garioch 200 Meet 2016	Inverurie	Garioch	2
2:23.68	567	F	05/06/10	North District Open Champs	Westhill	Garioch	1
2:23.71	566	F	09/09/12	Garioch 200 Open Meet 2012	Aberdeenshire	Garioch	2
2:24.65	555	F	14/10/18	Garioch ASC G200 2018	Garioch	UoAPS	2
2:25.22	549	F	13/09/15	Garioch G200 2015	Garioch	Garioch	2
2:25.31	548	F	16/11/11	Aberdeen Schools Championships	Westhill	Garioch	2
2:25.46	546	F	11/09/11	Garioch Scotframe 200	Inverurie	Garioch	2
2:25.52	546		06/12/09	North District Age Groups	Inverness	Garioch	1
2:25.55	545		13/09/09	Garioch 200 Open Mt 2009	Inverurie	Garioch	2
2:26.00	540	H	16/11/14	COAST Grand Prix	Aberdeen	Garioch	1
2:26.39	536		09/05/09	Westhill 15th Invitational	Westhill	Garioch	2
2:27.05	529		17/01/09	Scottish Nationals SC	Tollcross	Garioch	1
2:27.81	521		14/12/08	SASA North District AG	Inverness	Garioch	1
2:27.97	519		17/01/09	Scottish Nationals SC	Tollcross	Garioch	1
2:29.26	506		07/03/09	SASA North District Champ	Inverness	Garioch	1
2:31.38	485		10/05/08	Westhill Invitational Meet	Westhill	Garioch	2
2:33.94	461		01/03/08	North District AG Champs	Inverness	Garioch	2
2:34.53	455		12/01/08	Scottish National Champs	Glasgow	Garioch	1
2:35.84	444		02/02/08	SAS Junior Meet	Westhill	Garioch	2
2:37.12	433		31/05/08	North District Open Champs	Westhill	Garioch	1
2:37.67	429		08/12/07	North District Age Group	Inverness	Garioch	2
2:38.39	423		10/11/07	Aberdeen Mitchell Trophy	Westhill	Garioch	2
2:52.88	325	H	03/02/07	Gloucester County Champs	Horfield	Garioch	2

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2:22.30	583	F	29/05/21	Tighinn Comhla	Various - Summer R1		0
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2:20.03	612	H	05/11/16	North District Open Championships	Inverness	Garioch	1
2:23.57	568	F	16/10/16	Garioch 200 Meet 2016	Inverurie	Garioch	2
2:23.57	568	C	15/11/15	SASA North District Grand Prix 2015	Inverness	Garioch	1
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