

# Individual Best Times (All Time)

Lewis Adams - (778843) - Newcastle (Staffs) ASC - 100 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
1:06.74	379	H	07/04/19	City of Stoke on Trent SC (COSACSS) Y2K 2019	Stoke-on-Trent	Cosacss	3
1:06.80	378	H	08/04/18	COSACSS Y2K 2018	Stoke-on-Trent	Cosacss	3
1:07.49	367	H	16/06/18	COSACSS Club Championships	Stoke-on-Trent		4
1:07.76	362	H	25/02/17	Staffordshire ASA Championships	Stafford	Cosacss	2
1:08.10	357	H	18/06/16	City of Stoke on Trent Club Championships	Stoke		4
1:08.11	357	H	03/12/16	Stafford Apex 2016 Winter Open Meet	Stafford	Cosacss	3
1:08.33	353	H	20/06/15	City of Stoke on Trent Club Championships	Stoke on Trent		4
1:08.72	347	H	17/09/17	COSACSS Derek Taylor Memorial Open Meet	Stoke on Trent	Cosacss	3
1:09.06	342	H	15/06/19	City of Stoke on Trent SC (COSACSS) Club Champs	Stoke-on-Trent		4
1:09.26	339	H	10/06/17	Everton & Prescott Summer Open Meet	Liverpool	Cosacss	3
1:09.34	338	H	27/02/16	Staffordshire County Championships 2016	Stafford	Cosacss	2
1:09.59	334	H	17/06/17	COSACSS Club Championships	Stoke-on-Trent		4
1:09.71	333	H	20/09/15	City of Stoke on Trent B Grade Open Meet	Stoke on Trent		3
1:10.01	328	H	15/03/14	Staffordshire County Championships	Stafford	Cosacss	2
1:10.57	321	H	21/06/14	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
1:10.83	317	H	14/02/15	Staffordshire ASA County Championships	Stafford		2
1:11.29	311	H	04/10/14	Leicester Penguins Open Meet	Braunstone		3
1:11.48	309	H	13/04/14	City of Stoke on Trent Y2K 2014	Stoke on Trent	Cosacss	3
1:11.64	307	H	19/01/14	North Midlands ASA Championships 2014	Macclesfield	Cosacss	3
1:13.36	285	H	22/06/13	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
1:14.04	278		23/11/13	Northgate PB Buster Gala	Wolverhampton	Cosacss	3
1:14.35	274	H	14/04/13	City of Stoke COSACSS Y2K 2013	Stoke on Trent	Cosacss	3
1:15.40	263	H	16/03/13	Staffordshire County Championships	Stafford	Cosacss	2
1:16.82	249	H	14/07/12	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
1:18.01	237	H	12/02/12	10th Cannock Phoenix Open Meet	Wolverhampton	Cosacss	3
1:18.94	229	H	09/07/11	City of Stoke On Trent Club Championships	Stoke On Trent	Cosacss	4
1:20.00	212	H	25/09/11	City of Stoke on Trent B Grade Meet	Stoke on Trent	Cosacss	2

1:20.90	213	H	25/09/11	City of Stoke on Trent B Grade Meet	Stoke on Trent	Cosacss	3
1:22.60	200	H	15/01/11	North Midlands ASA Championships 2011	Macclesfield	Cosacss	3
1:24.43	187		20/11/10	Boldmere Open Meet	Birmingham	Cosacss	3
1:27.19	170	H	25/09/10	COSACSS B Grade Meet	Stoke-On-Trent	Cosacss	3

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