

Individual Best Times (All Time)

Lewis Adams - (778843) - Newcastle (Staffs) ASC - 200 Individual Medley - 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
2:20.21	478	H	23/06/18	COSACSS Club Championships	Stoke-on-Trent		4
2:20.43	475	H	23/02/19	Staffordshire ASA County Swimming Championships	Stafford	Cosacss	2
2:21.16	468	H	25/06/16	City of Stoke on Trent Club Championships	Stoke		4
2:21.81	462	H	22/02/20	Staffordshire ASA County Swimming	Stafford	Newcastle St	2
2:22.62	454	H	27/06/15	City of Stoke on Trent Club Championships	Stoke on Trent		4
2:23.40	446	F	17/10/15	Shrewsbury Autumn Meet 2015	Wolverhampton	Cosacss	3
2:23.44	446	H	24/02/18	Staffordshire ASA Championships	Stafford	Cosacss	2
2:23.54	445	H	24/06/17	COSACSS Club Championships	Stoke-on-Trent		4
2:23.85	442	H	25/06/16	Satellites of Macclesfield 29th Open Meet	Macclesfield	Cosacss	3
2:23.89	442	H	22/06/19	City of Stoke on Trent SC (COSACSS) Club Champs	Stoke-on-Trent		4
2:23.91	442	F	23/02/19	Staffordshire ASA County Swimming Championships	Stafford	Cosacss	2
2:23.95	441	H	11/02/23	Staffordshire ASA Championships 2023	Stafford	Newcastle St	2
2:24.45	437	H	11/12/22	Newcastle Staff SC Yule in the Pool Meet 2022	Newcastle under Lyme	Newcastle St	3
2:24.58	435	H	08/01/22	Staffordshire ASA County Qualifier 2022	Stafford	Newcastle St	3
2:26.20	421	H	27/02/16	Staffordshire County Championships 2016	Stafford	Cosacss	2
2:26.55	418	H	25/02/17	Staffordshire ASA Championships	Stafford	Cosacss	2
2:29.56	393	H	29/06/14	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
2:29.58	393	H	14/02/15	Staffordshire ASA County Championships	Stafford		2
2:31.63	377	H	15/03/14	Staffordshire County Championships	Stafford	Cosacss	2
2:31.67	377	H	16/11/13	Stafford Apex Open Meet	Stafford	Cosacss	2
2:32.41	372	H	30/06/13	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
2:33.35	365	H	14/04/13	City of Stoke COSACSS Y2K 2013	Stoke on Trent	Cosacss	3
2:34.69	355	H	16/03/13	Staffordshire County Championships	Stafford	Cosacss	2
2:37.30	338	H	10/02/13	11th Cannock Phoenix Open Meet	Wolverhampton	Cosacss	3
2:37.34	338	H	18/11/12	Stafford Apex Licensed Meet	Stafford	Cosacss	2
2:38.83	328	H	28/04/12	Satellite of Macclesfield 25th Open Meet	Macclesfield	Cosacss	2
2:40.17	320	H	23/06/18	COSACSS B Grade Open Meet	Stoke on Trent	Cosacss	2

2:40.17	320	H	23/09/12	COSACSS B Grade Open Meet	Stoke on Trent	Cosacss	3
2:40.70	317	H	17/03/12	Staffordshire County Championships	Stafford	Cosacss	2
2:41.35	313	H	15/04/12	City of Stoke upon Trent YK2 Meet	Stoke	Cosacss	3
2:41.54	312	H	15/07/12	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
2:42.40	307	H	22/01/12	North Midlands Championships	Macclesfield	Cosacss	3
2:46.47	285		20/11/11	Boldmere Level 3 Open Meet	Boldmere	Cosacss	3
2:46.87	283	H	12/02/12	10th Cannock Phoenix Open Meet	Wolverhampton	Cosacss	3
2:47.09	282	H	10/07/11	City of Stoke On Trent Club Championships	Stoke On Trent	Cosacss	4
2:50.41	266	H	07/05/11	COSACSS Y2K 2011	Stoke-On-Trent	Cosacss	2
2:51.07	263	H	22/01/11	North Midlands ASA Championships 2011	Macclesfield	Cosacss	3
2:51.84	259	H	19/03/11	Staffordshire County Championships	Wolverhampton	Cosacss	2
2:57.33	236		20/11/10	Boldmere Open Meet	Birmingham	Cosacss	3

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