

Individual Best Times (All Time)

Lewis Adams - (778843) - Newcastle (Staffs) ASC - 400 Freestyle - 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
4:19.95	544	H	17/06/16	City of Stoke on Trent Club Championships	Stoke		4
4:23.36	523	H	22/06/18	COSACSS Club Championships	Stoke-on-Trent		4
4:25.65	510	H	21/06/19	City of Stoke on Trent SC (COSACSS) Club Champs	Stoke-on-Trent		4
4:26.57	504	H	23/06/17	COSACSS Club Championships	Stoke-on-Trent		4
4:27.50	499	H	19/06/15	City of Stoke on Trent Club Championships	Stoke on Trent		4
4:29.29	489	H	11/03/17	Prescot & Everton Spring Meet 2017	Liverpool	Cosacss	3
4:30.22	484	H	02/04/17	COSACSS Y2K 2017	Stoke-on-Trent	Cosacss	3
4:31.02	480	H	26/02/17	Staffordshire ASA Championships	Stafford	Cosacss	2
4:31.88	475	H	18/04/15	Satellites of Macclesfield 28th Open Meet	Macclesfield		3
4:34.11	464	H	28/02/16	Staffordshire County Championships 2016	Stafford	Cosacss	2
4:35.19	458	H	20/06/14	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
4:37.13	449	H	15/02/15	Staffordshire ASA County Championships	Stafford		2
4:38.41	443		19/04/14	City of Birmingham 21st Open Meet	Birmingham	Cosacss	2
4:42.72	423	H	11/01/14	North Midlands Age Group Championships	Macclesfield	Cosacss	3
4:42.72	423	H	11/01/14	North Midlands ASA Championships 2014	Macclesfield	Cosacss	3
4:43.04	421	H	14/04/13	City of Stoke COSACSS Y2K 2013	Stoke on Trent	Cosacss	3
4:43.06	421	H	16/03/14	Staffordshire County Championships	Stafford	Cosacss	2
4:45.44	411	H	17/03/13	Staffordshire County Championships	Stafford	Cosacss	2
4:47.38	402	H	21/06/13	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
4:49.41	394	H	12/01/13	North Midlands ASA Championships 2013	Macclesfield	Cosacss	3
4:50.39	390	H	17/11/12	Stafford Apex Licensed Meet	Stafford	Cosacss	2
4:52.22	383	H	29/06/12	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
4:53.05	379	H	28/04/12	Satellite of Macclesfield 25th Open Meet	Macclesfield	Cosacss	2
4:55.99	368	H	15/04/12	City of Stoke upon Trent YK2 Meet	Stoke	Cosacss	3
4:57.96	361	H	18/03/12	Staffordshire County Championships	Stafford	Cosacss	2
5:06.09	333	H	24/06/11	City of Stoke On Trent Club Championships	Stoke On Trent	Cosacss	4
5:10.07	320	H	07/05/11	COSACSS Y2K 2011	Stoke On Trent	Cosacss	3

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