

# Individual Best Times (All Time)

Lewis Adams - (778843) - Newcastle (Staffs) ASC - 200 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
2:44.40	390	H	22/12/18	Derventio Excel Christmas Cracker 2018	Braunston	Cosacss	3
2:46.65	374	H	15/06/19	City of Stoke on Trent SC (COSACSS) Club Champs	Stoke-on-Trent		4
2:47.57	368	H	18/06/16	City of Stoke on Trent Club Championships	Stoke		4
2:49.13	358	H	20/06/15	City of Stoke on Trent Club Championships	Stoke on Trent		4
2:49.25	357	H	16/06/18	COSACSS Club Championships	Stoke-on-Trent		4
2:50.53	349	H	31/01/15	Staffordshire ASA County Championships	Stafford		2
2:50.83	348	H	13/02/16	Staffordshire County Championships 2016	Stafford	Cosacss	2
2:52.10	340	H	17/06/17	COSACSS Club Championships	Stoke-on-Trent		4
2:54.84	324	H	27/03/22	Newcastle Staffs SC Race to Regionals	Newcastle-Under-Lyme	Newcastle St	3
2:57.44	310	H	21/06/14	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
3:00.11	296	H	01/03/14	Staffordshire ASA County Championships	Stafford	Cosacss	2
3:01.79	288	H	02/03/13	Staffordshire County Championships	Stafford	Cosacss	2
3:02.77	284	H	12/01/14	North Midlands Age Group Championships	Macclesfield	Cosacss	3
3:02.77	284	H	12/01/14	North Midlands ASA Championships 2014	Macclesfield	Cosacss	3
3:03.73	279	H	22/06/13	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
3:05.11	273		25/11/12	Northgate PB Buster Open Gala	Northgate	Cosacss	3
3:14.10	237	H	14/07/12	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4

## Swims in Date Order

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