

Individual Best Times (All Time)

Adam Murray - (937909) - City of Cardiff - 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 |
|---------|--------|-------|----------|--|------------|-----------------|-------|
| 59.86 | 526 | F | 29/11/19 | Swim Wales Short Course Championships | WNPS | Co Cardiff | 2 |
| 1:00.39 | 512 | H | 29/11/19 | Swim Wales Short Course Championships | WNPS | Co Cardiff | 2 |
| 1:00.91 | 499 | F | 30/11/18 | Swim Wales Short Course Championships | Swansea | Co Cardiff | 2 |
| 1:01.11 | 494 | F | 04/11/18 | City of Cardiff Capital Open Meet | Cardiff | Co Cardiff | 2 |
| 1:01.59 | 483 | H | 30/11/18 | Swim Wales Short Course Championships | Swansea | Co Cardiff | 2 |
| 1:02.26 | 467 | F | 03/02/18 | SW South East Regional Championships | Newport | Co Cardiff | 2 |
| 1:02.86 | 454 | F | 08/12/18 | NSL Western Premier Division Final | Newport | Co Cardiff | 3 |
| 1:02.94 | 452 | H | 07/10/18 | Swim England National County Team Div 1 Champs | Sheffield | | 2 |
| 1:03.16 | 448 | H | 21/10/18 | Manchester International Swim Meet (MISM) 2018 | Manchester | Co Cardiff | 2 |
| 1:03.38 | 443 | F | 02/02/19 | Swim Wales South East Regional Championships | Newport | Co Cardiff | 2 |
| 1:03.58 | 439 | H | 03/02/18 | SW South East Regional Championships | Newport | Co Cardiff | 2 |
| 1:04.16 | 427 | H | 02/02/19 | Swim Wales South East Regional Championships | Newport | Co Cardiff | 2 |
| 1:04.35 | 423 | F | 04/02/17 | Swim Wales South East Regional | Newport | Co Cardiff | 2 |
| 1:05.01 | 410 | H | 04/02/17 | Swim Wales South East Regional | Newport | Co Cardiff | 2 |
| 1:05.27 | 405 | F | 10/12/16 | NSL Western Premier Division Final | Newport | Co Cardiff | 2 |
| 1:05.37 | 404 | H | 23/10/16 | ASA National County Teams Division 1 | Sheffield | | 2 |
| 1:05.44 | 402 | H | 03/12/16 | Swim Wales Short Course Championships | Swansea | Co Cardiff | 2 |
| 1:05.49 | 401 | F | 23/09/18 | City of Cardiff Club Championships | Cardiff | Co Cardiff | 3 |
| 1:05.83 | 395 | F | 03/12/16 | Swim Wales Short Course Championships | Swansea | Co Cardiff | 2 |
| 1:06.89 | 377 | H | 30/01/16 | Swim Wales South East Regional Championships | Newport | Co Cardiff | 2 |
| 1:07.00 | 375 | F | 25/09/16 | City of Cardiff Club Championship | Cardiff | Co Cardiff | 3 |
| 1:07.06 | 374 | F | 30/01/16 | Swim Wales South East Regional Championships | Newport | Co Cardiff | 2 |
| 1:09.42 | 337 | F | 19/12/15 | Swim Wales National Short Course Championships | Swansea | Co Cardiff | 2 |
| 1:10.36 | 324 | H | 19/12/15 | Swim Wales National Short Course Championships | Swansea | Co Cardiff | 2 |
| 1:10.88 | 317 | H | 22/11/15 | Stockport Metro November Meet 2015 | Stockport | | 2 |
| 1:11.75 | 305 | H | 03/02/15 | SWER Regional Championships | Newport | Co Cardiff | 2 |
| 1:11.88 | 292 | F | 03/02/15 | SWER Regional Championships | Newport | Co Cardiff | 2 |

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|---------|-----|---|----------|--|------------|------------|---|
| 1:11.89 | 303 | F | 03/02/15 | SWER Regional Championships | Newport | Co Cardiff | |
| 1:11.92 | 303 | F | 27/09/15 | City of Cardiff 2015 Club Championships | Cardiff | Co Cardiff | 3 |
| 1:12.41 | 297 | F | 07/11/15 | City of Cardiff Welsh Capital Open Meet | Cardiff | Co Cardiff | 2 |
| 1:12.91 | 291 | F | 17/10/15 | Greater Gwent Fast Water Open Meet 2015 | Newport | Co Cardiff | 2 |
| 1:14.30 | 275 | H | 20/12/14 | British Gas Swim Wales Open Winter Championships | Swansea | Co Cardiff | 1 |
| 1:18.51 | 233 | F | 18/10/14 | Greater Gwent Fast Water Open Meet | Newport | Co Cardiff | 2 |
| 1:21.47 | 208 | F | 21/06/14 | Torfaen Dolphins Spring Meet 2014 | Newport | Co Cardiff | 2 |
| 1:23.44 | 194 | F | 11/05/14 | Gloucester City L2 Open Meet | Gloucester | Co Cardiff | 2 |
| 1:27.95 | 165 | F | 04/02/14 | South East Wales Regional Championships | Newport | Co Cardiff | 2 |
| 1:28.73 | 161 | F | 29/06/13 | Torfaen Dolphins Open Meet 2013 | Newport | Co Cardiff | 2 |
| 1:28.93 | 160 | H | 04/02/14 | South East Wales Regional Championships | Newport | Co Cardiff | 2 |
| 1:43.26 | 102 | F | 24/11/12 | South East Wales Sub Regional Meet | Newport | Co Cardiff | 4 |

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