

Individual Best Times (All Time)

Adam Woo - (945629) - Winchester City Penguins - 200 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
2:13.32	497	H	14/03/20	Forest of Bere Regional Chaser 2020	Waterlooville	Winchester	3
2:16.67	461	F	16/11/19	Super Series Autumn Level 2 Short Course Meet	Hengrove	Winchester	2
2:17.10	457	H	06/10/19	Rushmoor Royals Autumn County Chaser 2019	Aldershot	Winchester	3
2:19.49	434	H	20/11/21	BUCS Short Course Swimming	Sheffield		2
2:20.57	424	H	16/03/19	Forest of Bere Regional Chaser Meet	Waterlooville	Winchester	3
2:21.27	418	H	10/02/19	Hampshire County ASA Championships 2019	Portsmouth	Winchester	2
2:22.39	408	F	22/07/18	Fareham Nomads Summer Meet 2018	Waterlooville	Winchester	3
2:22.43	407	F	17/11/18	Team Bath AS Autumn Meet	Bristol	Winchester	2
2:23.83	396	H	23/09/18	Hampshire County Open & Junior Champs 2018	Southampton	Winchester	2
2:24.90	387	H	10/03/18	Forest Of Bere Regional Chaser Meet	Waterlooville	Winchester	3
2:27.02	370	H	22/10/17	Winchester City Penguins Club Championships	St Swithuns	Winchester	4
2:28.06	363	F	26/11/17	Swim Bournemouth Short Course L2 Meet	Bournemouth		2
2:30.49	345	H	01/07/17	Hampshire County Development Competition 2017	Waterlooville	Winchester	3
2:45.95	257	H	23/10/16	Winchester City Penguins Club Championships	St Swithuns	Winchester	4
2:46.74	254	H	17/12/16	Basingstoke Bluefins Last Chance County Qualifier	Basingstoke	Winchester	3
2:51.75	232	H	07/05/16	Winchester City Penguins Grand Prix Series 2016	St Swithuns School	Winchester	4
2:58.03	208	H	09/04/16	Basingstoke Bluefins Level 3	Basingstoke	Winchester	3
3:06.97	180	H	04/07/15	Hampshire County Development Competition 2015	Waterlooville		3
3:07.98	177	H	23/11/14	Peter Bull Open Meet	Waterlooville		3
3:22.44	142	H	12/07/14	Hampshire County Development Meet	Waterlooville	Winchester	3
3:24.32	138	H	18/10/14	Winchester City Penguins Club Champs	Winchester		4
3:42.64	106		07/07/13	Hampshire County Development Meet	Southampton	Winchester	3

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