

Individual Best Times (All Time)

Sofia Fernandez-John - (1113591) - Caerphilly County Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.39	32.80	353	14/07/18	Cardiff Bay Sprint Meet	Cardiff	WL181120	3
100 Freestyle	1:35.02	1:34.10	161	22/03/14	Tiger Bay Open Meet 2014	Cardiff	WAL555	3
200 Freestyle	2:47.86	2:45.80	303	22/10/17	Neath ASC Open Meet 2017	Swansea	WL171216	1
50 Breaststroke	47.94	47.30	225	14/07/18	Cardiff Bay Sprint Meet	Cardiff	WL181120	3
100 Breaststroke	1:57.55	1:56.50	162	24/10/15	Frome Autumn Open Meet	Millfield	SW150869	3
50 Butterfly	40.64	40.20	217	14/07/18	Cardiff Bay Sprint Meet	Cardiff	WL181120	3
50 Backstroke	39.78	39.30	307	22/10/17	Neath ASC Open Meet 2017	Swansea	WL171216	1
100 Backstroke	1:26.26	1:25.30	293	22/10/17	Neath ASC Open Meet 2017	Swansea	WL171216	1
200 Backstroke	3:18.98	3:17.30	237	13/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3
200 Individual Medley	3:05.79	3:03.60	312	14/07/18	Cardiff Bay Sprint Meet	Cardiff	WL181120	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.08	31.70	401	05/02/18	SW South East Regional Championships	Newport	WL180048	2
100 Freestyle	1:10.41	1:11.60	363	10/03/19	Llanelli Open Meet 2019	Llanelli	WL190566	2
200 Freestyle	2:36.01	2:38.20	353	10/03/19	Llanelli Open Meet 2019	Llanelli	WL190566	2
400 Freestyle	5:53.01	5:57.00	281	27/11/16	Swim Wales South East Sub Regional Champs	Newport	WL160031	3
800 Freestyle	12:08.97	12:16.90	280	09/09/17	Caerphilly County Club Championships	Caerphilly	WL171705	3
50 Breaststroke	44.06	44.80	266	08/12/19	City of Newport Christmas Cracker 2019	Newport	WL192992	3
100 Breaststroke	1:39.76	1:41.00	244	25/11/17	Swim Wales South East Sub Regional	Newport	WL170085	3
200 Breaststroke	3:36.07	3:38.50	241	26/11/16	Swim Wales South East Sub Regional Champs	Newport	WL160031	3
50 Butterfly	38.54	39.00	253	06/05/18	City of Newport Spring Open Meet	Newport	WL180468	2
100 Butterfly	1:40.33	1:41.10	156	08/09/19	Caerphilly County Swim Squad Club Championships	Caerphilly	WL192558	3
200 Butterfly	3:48.67	3:50.10	143	07/09/18	Caerphilly County Swim Squad Club Champs 2018	Caerphilly	WL181848	3
50 Backstroke	37.00	37.50	317	08/12/19	City of Newport Christmas Cracker 2019	Newport	WL192992	3
100 Backstroke	1:18.95	1:20.00	336	04/02/20	Swim Wales South East Regional Championships	Newport	WL200035	2
200 Backstroke	2:54.59	2:56.50	316	02/02/20	Swim Wales South East Regional Championships	Newport	WL200034	2
200 Individual Medley	3:02.63	3:04.80	297	05/02/18	SW South East Regional Championships	Newport	WL180048	2
100 Individual Medley	1:45.62	1:45.60	153	03/05/14	City of Newport Spring Open Meet	Newport	WAL566	4