

Individual Best Times (All Time)

Sophie Hughes - (1120226) - Flixton SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	41.64	42.10	166	21/05/16	Flixton Swim Team Club Championship Sprint Meet	Urmston	NW160791	4
100 Freestyle	1:31.68	1:32.60	164	22/05/16	Flixton Swim Team Club Championship Sprint Meet	Urmston	NW160791	4
200 Freestyle	3:24.77	3:26.50	156	14/11/15	Flixton Swim Team Club Championships Distance Meet	Urmston	NW152102	4
50 Breaststroke	56.78	57.30	124	22/05/16	Flixton Swim Team Club Championship Sprint Meet	Urmston	NW160791	4
100 Breaststroke	2:18.52	2:19.40	91	16/05/15	Flixton SC Club Championship Sprint Meet	Flixton	NW150861	4
200 Breaststroke	4:24.88	4:26.90	131	08/11/14	Flixton Club Distance Championships	Flixton	NW14351	4
50 Backstroke	48.59	49.00	140	22/05/16	Flixton Swim Team Club Championship Sprint Meet	Urmston	NW160791	4
100 Backstroke	1:41.84	1:42.60	156	21/05/16	Flixton Swim Team Club Championship Sprint Meet	Urmston	NW160791	4
200 Backstroke	3:54.34	3:55.80	130	09/11/14	Flixton Club Distance Championships	Flixton	NW14351	4
200 Individual Medley	4:18.28	4:19.80	105	09/11/14	Flixton Club Distance Championships	Flixton	NW14351	4
100 Individual Medley	1:52.12	1:52.10	128	21/05/16	Flixton Swim Team Club Championship Sprint Meet	Urmston	NW160791	4