

Individual Best Times (All Time)

Sophie Alderson - (1132945) - City of Sunderland ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Butterfly	45.65	45.20	153	14/07/13	City of Sunderland Summer Splash	Sunderland	NE3542	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.01	38.60	219	13/04/14	South Tyneside Spring Meet	South Shields	NE4405	3
100 Freestyle	1:25.25	1:26.20	204	14/12/13	Middlesborough ASC Junior Christmas Gala	Middlesborough	NE3315	3
200 Freestyle	3:13.10	3:14.90	186	06/07/14	Peterlee ASC Annual Graded Gala	Stanley	NE4067	3
50 Breaststroke	55.08	55.70	136	06/07/14	Peterlee ASC Annual Graded Gala	Stanley	NE4067	3
50 Butterfly	45.70	46.10	151	29/09/13	City of Sunderland Time Trial 2013	Sunderland	NE3913	4