

# Individual Best Times (All Time)

Grace Sofokleous-Ames - (1145677) - Cheshunt Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.88	35.30	284	23/04/22	Harpenden SC FINIS Frantic 50s	Luton	ER220602	3
50 Breaststroke	44.63	43.90	278	23/04/22	Harpenden SC FINIS Frantic 50s	Luton	ER220602	3
50 Backstroke	39.71	39.20	309	23/04/22	Harpenden SC FINIS Frantic 50s	Luton	ER220602	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.20	32.80	361	26/11/22	Hatfield SC County Qualifier November 2022	Hatfield	ER221514	3
100 Freestyle	1:10.63	1:11.80	360	23/09/23	Co St Albans SC Sprint & Skins Competition 2023	St Albans	ER230400	3
200 Freestyle	2:28.97	2:31.30	406	27/11/22	Hatfield SC County Qualifier November 2022	Hatfield	ER221514	3
400 Freestyle	5:15.56	5:20.00	393	30/11/22	Cheshunt SC 400m Club Gala 2022	Cheshunt	ER222072	4
50 Breaststroke	41.75	42.50	313	11/12/22	Cheshunt SC Club 200m & 50m Dash 2022	Laura Trott SC	ER222424	4
100 Breaststroke	1:30.54	1:31.90	326	22/10/22	Cheshunt SC 17th Annual Autumn Open Meet	Harlow	ER220028	3
200 Breaststroke	3:18.21	3:20.90	312	03/12/22	City of St Albans SC Winter Meet 2022	St Albans	ER221167	3
50 Butterfly	36.87	37.40	289	02/07/23	Cheshunt SC Club Sprints 2023	Laura Trott LC	ER231406	4
100 Butterfly	1:23.25	1:24.20	273	09/10/22	Cheshunt Swimming Club Championships 2022	Laura Trott Leisure	ER221544	4
50 Backstroke	35.05	35.60	373	02/12/23	City of St Albans Winter Meet 2023	St Albans	ER231556	3
100 Backstroke	1:16.27	1:17.30	372	21/10/23	Cheshunt SC 18th Annual Autumn Open Meet 2023	Harlow	ER230464	3
200 Backstroke	2:44.28	2:46.30	379	20/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240100	2
200 Individual Medley	2:51.70	2:54.00	357	20/11/22	Hitchin SC Open Meet 2022	Borehamwood	ER220989	3
100 Individual Medley	1:17.34	1:17.30	390	02/12/23	City of St Albans Winter Meet 2023	St Albans	ER231556	3