

Individual Best Times (All Time)

Sophie Bennion - (1168952) - Coalville SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.62	27.90	561	27/05/18	DX 2nd Long Course Open Meet	Sheffield	EM180319	1
100 Freestyle	1:02.57	1:01.20	564	26/05/18	DX 2nd Long Course Open Meet	Sheffield	EM180319	1
200 Freestyle	2:15.98	2:13.40	571	15/04/18	Swim England East Midland Championships 2018	Sheffield	EM180958	1
400 Freestyle	4:50.02	4:45.10	534	27/05/17	ASA EM Region Youth Champs 2017	Sheffield	EM170474	1
800 Freestyle	10:30.98	10:21.70	453	13/05/16	Northampton 2016 Long Course Spring Festival	Corby	EM160459	1
50 Breaststroke	38.28	37.40	442	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	NE180164	1
100 Breaststroke	1:25.90	1:24.40	416	28/05/17	ASA EM Region Youth Champs 2017	Sheffield	EM170474	1
200 Breaststroke	3:07.91	3:05.10	392	14/04/18	Swim England East Midland Championships 2018	Sheffield	EM180958	1
50 Butterfly	33.67	33.10	381	08/07/17	Northampton 2017 Long Course Summer Festival	Corby	EM170339	3
100 Butterfly	1:15.22	1:14.20	401	28/05/17	ASA EM Region Youth Champs 2017	Sheffield	EM170474	1
50 Backstroke	38.87	38.30	329	13/03/16	City of Sheffield March Madness Meet	Sheffield	NE160333	3
100 Backstroke	1:17.88	1:16.80	398	13/05/17	Nova Centurion May Level 1 LC Open Meet	Nottingham	EM170343	1
200 Backstroke	2:46.84	2:44.80	402	08/07/17	Northampton 2017 Long Course Summer Festival	Corby	EM170339	3
200 Individual Medley	2:37.09	2:34.60	517	02/12/17	Swim Wales Long Course Championships	Swansea	WL170076	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.55	29.30	518	21/10/18	Nova Centurion October L2 SC Open Meet	Nottingham	EM180706	2
100 Freestyle	1:02.18	1:03.50	527	22/01/17	Leicestershire County Championships	Braunstone	EM170274	2
200 Freestyle	2:14.49	2:17.00	551	21/01/17	Leicestershire County Championships	Braunstone	EM170274	2
400 Freestyle	4:45.74	4:50.60	530	07/04/17	The 2017 Leicester Age Group Meet	Braunstone	EM170639	3
800 Freestyle	9:59.09	10:08.70	506	29/01/17	Leicestershire County Championships	Hinckley	EM170275	2
50 Breaststroke	37.32	38.20	439	05/02/17	Leicestershire County Championships	Braunstone	EM170276	2
100 Breaststroke	1:20.70	1:22.20	461	10/03/18	The 2018 Leicester Age Group Meet	Braunstone	EM180038	3
200 Breaststroke	2:55.92	2:58.90	447	19/11/17	The 2017 Leicester Open Meet	Braunstone	EM171675	2
50 Butterfly	32.83	33.40	409	04/02/17	Leicestershire County Championships	Braunstone	EM170276	2
100 Butterfly	1:11.77	1:12.80	427	09/04/17	The 2017 Leicester Age Group Meet	Braunstone	EM170639	3
200 Butterfly	2:52.56	2:54.40	333	15/01/17	Leicestershire County Championships	Hinckley	EM170273	2
50 Backstroke	35.30	35.90	365	08/04/17	The 2017 Leicester Age Group Meet	Braunstone	EM170639	3
100 Backstroke	1:14.58	1:15.70	398	15/01/17	Leicestershire County Championships	Hinckley	EM170273	2
200 Backstroke	2:35.58	2:37.70	446	21/01/17	Leicestershire County Championships	Braunstone	EM170274	2
200 Individual Medley	2:33.41	2:36.00	501	08/04/17	The 2017 Leicester Age Group Meet	Braunstone	EM170639	3
400 Individual Medley	5:24.93	5:30.30	506	28/01/17	Leicestershire County Championships	Hinckley	EM170275	2
100 Individual Medley	1:12.10	1:12.10	481	05/02/17	Leicestershire County Championships	Braunstone	EM170276	2