

Individual Best Times (All Time)

Sophie Wells - (1179346) - City of Derby Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	40.94	40.40	191	06/12/15	Derbyshire ASA County Long Course Competition 2015	Sheffield	EM152100	3
50 Breaststroke	50.32	49.70	194	06/12/15	Derbyshire ASA County Long Course Competition 2015	Sheffield	EM152100	3
50 Backstroke	45.25	44.80	209	06/12/15	Derbyshire ASA County Long Course Competition 2015	Sheffield	EM152100	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.44	38.00	229	02/07/16	City of Derby B Grade 2016 L3 Open Meet	Derby	EM160558	3
100 Freestyle	1:27.12	1:28.10	191	24/01/16	Long Eaton 2016	Derby	EM160257	3
200 Freestyle	3:00.37	3:02.30	228	24/01/16	Long Eaton 2016	Derby	EM160257	3
50 Breaststroke	46.36	47.00	229	16/07/16	Chesterfield Summer Splash	Matlock	EM161236	3
100 Breaststroke	1:41.96	1:43.20	228	17/07/16	Chesterfield Summer Splash	Matlock	EM161236	3
200 Breaststroke	3:34.83	3:37.30	245	17/07/16	Chesterfield Summer Splash	Matlock	EM161236	3
50 Butterfly	41.69	42.10	199	29/10/16	Belper Marlin "Ghoul in the Pool" Open Meet	Matlock	EM161654	3
50 Backstroke	41.19	41.70	230	02/07/16	City of Derby B Grade 2016 L3 Open Meet	Derby	EM160558	3
100 Backstroke	1:29.91	1:30.80	227	16/07/16	Chesterfield Summer Splash	Matlock	EM161236	3
200 Backstroke	3:12.53	3:14.30	235	26/03/16	Thirty Third City of Derby Licensed SC Open Meet	Derby	EM160557	3
200 Individual Medley	4:13.38	4:14.90	111	21/09/14	City of Derby Club Championships	Derby	EM4998	4
100 Individual Medley	1:30.34	1:30.30	244	26/06/16	Northern Junior Open Meet 2016	Nottingham	EM160775	3