

Individual Best Times (All Time)

Sophia Gilbert - (1253902) - Flixton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.11	29.40	482	08/02/20	Lancashire County Age Groups & County Champs	Manchester	NW200181	1
100 Freestyle	1:05.59	1:04.30	490	26/01/20	Lancashire County Age Groups & County Champs	Manchester	NW200179	1
200 Freestyle	2:24.51	2:22.10	476	08/02/20	Lancashire County Age Groups & County Champs	Manchester	NW200181	1
400 Freestyle	5:08.57	5:04.00	443	25/01/20	Lancashire County Age Groups & County Champs	Manchester	NW200179	1
50 Breaststroke	47.11	46.40	237	08/07/17	Summer Non National Qualifier Graded Meet	Manchester	NW170108	3
100 Breaststroke	1:51.96	1:50.80	187	16/07/16	Doncaster Darts End of Season Long Course Meet	Leeds	NE160598	3
50 Butterfly	39.81	39.30	231	08/07/17	Summer Non National Qualifier Graded Meet	Manchester	NW170108	3
100 Butterfly	1:29.05	1:28.20	241	08/07/17	Summer Non National Qualifier Graded Meet	Manchester	NW170108	3
50 Backstroke	42.47	42.00	252	08/07/17	Summer Non National Qualifier Graded Meet	Manchester	NW170108	3
200 Individual Medley	3:12.49	3:10.40	281	08/07/17	Summer Non National Qualifier Graded Meet	Manchester	NW170108	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.86	30.60	452	29/02/20	Greater Manchester Age Group Meet 2020	Wigan	NW200026	3
100 Freestyle	1:04.87	1:06.10	464	04/07/21	Flixton Festival of Swimming	Urmston	NW210296	4
200 Freestyle	2:22.91	2:25.30	459	22/06/19	Wigan And Tyldesley Starter Meet 2019	Wigan	NW190321	3
400 Freestyle	5:03.16	5:07.80	444	17/11/19	Flixton Club Championship Distance Meet	Irlam and Cadishead	NW192985	4
800 Freestyle	10:27.54	10:36.70	440	17/11/18	FLIXTON CLUB CHAMPIONSHIP DISTANCE MEET	Stretford	NW182548	4
50 Breaststroke	43.44	44.20	278	09/06/19	Flixton Club Championship Sprint Meet	Irlam & Cadishead LC	NW192165	4
100 Breaststroke	1:35.72	1:37.00	276	08/06/19	Flixton Club Championship Sprint Meet	Irlam & Cadishead LC	NW192165	4
200 Breaststroke	3:28.22	3:30.70	269	27/10/18	FLIXTON CLUB CHAMPIONSHIP DISTANCE MEET	Stretford	NW182546	4
50 Butterfly	36.11	36.60	307	15/12/19	Flixton Trafford Borough Christmas Cracker	Stretford	NW192010	3
100 Butterfly	1:22.28	1:23.20	283	16/06/18	Flixton Club Championships Sprint Meet	Stretford	NW181295	4
200 Butterfly	3:15.03	3:16.60	230	19/11/17	Flixton Club Championship Distance Meet	Urmston	NW171145	4
50 Backstroke	36.41	37.00	333	04/07/21	Flixton Festival of Swimming	Urmston	NW210296	4
100 Backstroke	1:19.03	1:20.00	335	08/06/19	Flixton Club Championship Sprint Meet	Irlam & Cadishead LC	NW192165	4
200 Backstroke	2:54.14	2:56.00	318	17/11/19	Flixton Club Championship Distance Meet	Irlam and Cadishead	NW192985	4
200 Individual Medley	2:49.16	2:51.50	373	17/11/19	Flixton Club Championship Distance Meet	Irlam and Cadishead	NW192985	4
400 Individual Medley	6:18.83	6:23.50	319	25/11/17	Flixton Club Championship Distance Meet	Urmston	NW171146	4
100 Individual Medley	1:22.78	1:22.80	318	08/06/19	Flixton Club Championship Sprint Meet	Irlam & Cadishead LC	NW192165	4