

Individual Best Times (All Time)

Sophie Dale - (1500353) - Hucknall SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.54	30.90	419	21/01/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240094	1
100 Freestyle	1:15.02	1:13.90	327	22/07/23	SE East Midlands Summer Festival of Swimming 2023	Moorways SV	EM231444	3
50 Breaststroke	40.27	39.50	379	23/07/23	SE East Midlands Summer Festival of Swimming 2023	Moorways SV	EM231444	3
100 Breaststroke	1:31.07	1:29.70	349	03/02/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240095	1
200 Breaststroke	3:22.77	3:20.10	312	21/01/24	Nottinghamshire ASA County Championships 2024	Nottingham	EM240094	1
50 Butterfly	38.40	37.90	257	22/07/23	SE East Midlands Summer Festival of Swimming 2023	Moorways SV	EM231444	3
200 Backstroke	3:01.82	3:00.00	310	22/07/23	SE East Midlands Summer Festival of Swimming 2023	Moorways SV	EM231444	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.16	31.80	398	30/06/24	Nottingham Leander Tony Holmes Sprint Meet 2024	Nottingham	EM240797	3
100 Freestyle	1:07.94	1:09.20	404	17/05/24	Hucknall SC Summer Time Trials 2024	Hucknall	EM240944	4
200 Freestyle	2:31.34	2:33.60	387	16/03/24	Arnold SC The Ernehale Open Meet 2024	Nottingham	EM240097	3
50 Breaststroke	39.47	40.30	371	17/05/24	Hucknall SC Summer Time Trials 2024	Hucknall	EM240944	4
100 Breaststroke	1:26.68	1:28.10	372	17/03/24	Arnold SC The Ernehale Open Meet 2024	Nottingham	EM240097	3
200 Breaststroke	3:15.63	3:18.30	325	16/03/24	Arnold SC The Ernehale Open Meet 2024	Nottingham	EM240097	3
50 Butterfly	34.85	35.40	342	23/03/24	Nottinghamshire Sports Centre League Division 2	Hucknall	EM240396	4
100 Butterfly	1:24.42	1:25.30	262	27/01/24	Nottinghamshire Sports Centre League Division 2	Worksop	EM240395	4
50 Backstroke	36.22	36.80	338	17/05/24	Hucknall SC Summer Time Trials 2024	Hucknall	EM240944	4
100 Backstroke	1:18.86	1:19.90	337	17/03/24	Arnold SC The Ernehale Open Meet 2024	Nottingham	EM240097	3
200 Backstroke	2:52.82	2:54.70	325	16/03/24	Arnold SC The Ernehale Open Meet 2024	Nottingham	EM240097	3
200 Individual Medley	2:51.18	2:53.50	360	17/03/24	Arnold SC The Ernehale Open Meet 2024	Nottingham	EM240097	3
100 Individual Medley	1:17.41	1:17.40	389	23/03/24	Nottinghamshire Sports Centre League Division 2	Hucknall	EM240396	4