

Individual Best Times (All Time)

Sophie Himsley - (1528976) - Sevenoaks SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.86	38.30	224	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
100 Freestyle	1:23.69	1:22.70	235	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
100 Breaststroke	1:57.97	1:56.90	160	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
50 Butterfly	41.95	41.50	197	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
50 Backstroke	45.18	44.70	210	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
100 Backstroke	1:36.70	1:35.90	208	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.02	38.60	219	18/05/24	Sevenoaks SC Sprint into Spring 2024	Sevenoaks	SE240764	4
100 Freestyle	1:25.09	1:26.10	205	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Breaststroke	56.68	57.20	125	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Breaststroke	2:00.04	2:01.10	140	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Butterfly	44.72	45.10	162	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Backstroke	43.92	44.40	190	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Backstroke	1:33.47	1:34.30	202	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Individual Medley	1:42.54	1:42.50	167	18/05/24	Sevenoaks SC Sprint into Spring 2024	Sevenoaks	SE240764	4