

Individual Best Times (All Time)

Sophia Bal - (1591677) - Newcastle SwimTeam

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	46.35	45.90	132	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Breaststroke	50.88	50.30	188	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
50 Butterfly	59.18	58.90	70	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Backstroke	50.19	49.80	153	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	39.41	39.90	196	15/06/24	Newcastle 10 Yr Anniversary Summer Sprint Meet 24	North Shields	NE241177	3
100 Freestyle	1:25.69	1:26.70	201	15/06/24	Newcastle 10 Yr Anniversary Summer Sprint Meet 24	North Shields	NE241177	3
200 Freestyle	4:05.01	4:06.40	91	18/03/23	Durham City Aquatics Not the Valentine Gala 2023	Durham	NE230263	3
50 Breaststroke	48.19	48.80	204	15/06/24	Newcastle 10 Yr Anniversary Summer Sprint Meet 24	North Shields	NE241177	3
100 Breaststroke	1:45.61	1:46.80	205	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
200 Breaststroke	3:38.38	3:40.80	233	25/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
50 Butterfly	46.17	46.60	147	15/06/24	Newcastle 10 Yr Anniversary Summer Sprint Meet 24	North Shields	NE241177	3
100 Butterfly	2:14.93	2:15.50	64	28/05/23	South Tyneside SC Spring Meet 2023	South Shields	NE230186	3
50 Backstroke	44.57	45.00	181	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
100 Backstroke	1:38.75	1:39.60	171	15/06/24	Newcastle 10 Yr Anniversary Summer Sprint Meet 24	North Shields	NE241177	3
200 Backstroke	3:22.95	3:24.60	201	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
200 Individual Medley	4:12.17	4:13.70	112	19/03/23	Durham City Aquatics Not the Valentine Gala 2023	Durham	NE230263	3
100 Individual Medley	1:35.56	1:35.60	206	15/06/24	Newcastle 10 Yr Anniversary Summer Sprint Meet 24	North Shields	NE241177	3