

Individual Best Times (All Time)

Sofia-Elyse Sanders - (1632243) - Armthorpe & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.64	31.00	415	17/02/24	Yorkshire SA Championships 2024	Sheffield	NE240026	1
100 Freestyle	1:07.98	1:06.70	440	12/05/24	SE North East Regional Age Group Championships	Leeds	NE240252	1
200 Freestyle	2:33.44	2:31.20	397	27/04/24	SE North East Regional Age Group Championships	Leeds	NE240251	1
400 Freestyle	5:42.34	5:38.20	325	04/02/24	Yorkshire SA Championships 2024	Leeds	NE240024	1
50 Breaststroke	39.60	38.80	399	19/05/24	Rotherham Metro Springtime Long Course Meet 2024	Sheffield	NE240230	3
100 Breaststroke	1:28.21	1:26.80	384	28/04/24	SE North East Regional Age Group Championships	Leeds	NE240251	1
200 Breaststroke	3:03.73	3:00.80	419	18/05/24	Rotherham Metro Springtime Long Course Meet 2024	Sheffield	NE240230	3
50 Butterfly	36.63	36.10	296	02/03/24	Worksop Dolphins The Dukeries Open Meet 2024	Sheffield	EM240326	3
100 Butterfly	1:27.53	1:26.70	254	19/05/24	Rotherham Metro Springtime Long Course Meet 2024	Sheffield	NE240230	3
50 Backstroke	36.95	36.40	384	24/03/24	York City Baths Club National Qualifier 2024	Leeds	NE240069	1
100 Backstroke	1:23.09	1:22.10	328	23/03/24	York City Baths Club National Qualifier 2024	Leeds	NE240069	1
200 Individual Medley	2:49.25	2:46.90	413	19/05/24	Rotherham Metro Springtime Long Course Meet 2024	Sheffield	NE240230	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.06	32.70	365	17/03/24	Beverley Barracudas Spring Equinox Meet 2024	Beverley	NE240513	3
100 Freestyle	1:11.61	1:12.80	345	17/03/24	Beverley Barracudas Spring Equinox Meet 2024	Beverley	NE240513	3
200 Freestyle	2:36.77	2:39.00	348	16/12/23	Barracudas Winter Solstice County Qualifier 2023	Beverley	NE231715	3
400 Freestyle	5:41.63	5:45.70	310	19/11/23	Doncaster Darts Distance Time Trials 2023	Adwick	NE232485	4
50 Breaststroke	38.00	38.80	416	15/06/24	Team Jorvik Viking Sprints 2024	Leeds	NE240721	3
100 Breaststroke	1:28.86	1:30.30	345	17/03/24	Beverley Barracudas Spring Equinox Meet 2024	Beverley	NE240513	3
200 Breaststroke	3:20.12	3:22.70	304	05/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
50 Butterfly	36.05	36.60	309	15/06/24	Team Jorvik Viking Sprints 2024	Leeds	NE240721	3
100 Butterfly	1:28.44	1:29.30	228	17/03/24	Beverley Barracudas Spring Equinox Meet 2024	Beverley	NE240513	3
50 Backstroke	37.82	38.30	297	17/03/24	Beverley Barracudas Spring Equinox Meet 2024	Beverley	NE240513	3
100 Backstroke	1:23.59	1:24.50	283	17/03/24	Beverley Barracudas Spring Equinox Meet 2024	Beverley	NE240513	3
200 Individual Medley	2:50.84	2:53.10	362	17/03/24	Beverley Barracudas Spring Equinox Meet 2024	Beverley	NE240513	3
100 Individual Medley	1:17.79	1:17.80	383	15/06/24	Team Jorvik Viking Sprints 2024	Leeds	NE240721	3