

Individual Best Times (All Time)

Sophie White - (1633517) - Basildon and Phoenix SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.61	39.10	209	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:27.20	1:28.20	191	17/06/23	Basildon & Phoenix Dave Warriner Sprint Meet 2023	Basildon	ER231037	3
200 Freestyle	3:03.87	3:05.80	215	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
400 Freestyle	6:04.47	6:08.30	255	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
50 Breaststroke	53.38	54.00	150	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Butterfly	42.00	42.50	195	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Butterfly	1:39.83	1:40.60	158	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
200 Butterfly	3:43.23	3:44.60	153	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
50 Backstroke	46.68	47.10	158	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Backstroke	1:35.60	1:36.40	189	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Individual Medley	3:17.53	3:19.50	234	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
100 Individual Medley	1:39.16	1:39.20	185	22/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3