

Individual Best Times (All Time)

Sophia White - (1690842) - Basildon and Phoenix SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.96	39.50	203	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:27.95	1:28.90	186	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
200 Freestyle	3:09.18	3:11.00	198	18/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
400 Freestyle	6:41.72	6:45.20	190	19/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
50 Breaststroke	54.77	55.30	138	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Butterfly	45.39	45.80	154	18/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
50 Backstroke	45.51	46.00	170	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Backstroke	1:35.85	1:36.70	187	18/05/24	Basildon & Phoenix Spring SC Meet 2024	Basildon	ER240790	3
200 Individual Medley	3:36.04	3:37.90	179	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3