

# Individual Best Times (All Time)

Sophie Pembroke - (373186) - Erith & District SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.02	28.30	538	13/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Freestyle	1:04.02	1:02.70	526	31/01/16	Kent Swimming Championships 2016	Crystal Palace	SE160329	1
200 Freestyle	2:19.84	2:17.30	525	31/01/16	Kent Swimming Championships 2016	Crystal Palace	SE160329	1
50 Breaststroke	37.30	36.40	477	14/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Breaststroke	1:24.46	1:23.00	437	07/02/16	Kent Swimming Championships 2016	Crystal Palace	SE160330	1
200 Breaststroke	3:17.53	3:14.80	337	12/01/13	Rushmoor Royals 7th New Year Open Meet	Aldershot	SE3070	3
50 Butterfly	31.63	31.00	460	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1
100 Butterfly	1:11.60	1:10.50	465	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1
50 Backstroke	34.72	34.10	462	13/02/16	Kent Swimming Championships 2016	London	SE160331	1
200 Individual Medley	2:46.90	2:44.50	431	14/02/16	Kent Swimming Championships 2016	London	SE160331	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.43	30.10	472	14/07/13	Basildon & Phoenix End of Season Meet	Basildon	ER3535	3
100 Freestyle	1:02.30	1:03.60	524	07/03/15	2015 Kent County Swimming Championships	Gillingham	CC150173	2
200 Freestyle	2:18.14	2:20.60	509	22/11/15	Dartford District Club Championships	London	SE151754	4
400 Freestyle	4:59.29	5:03.90	461	06/12/14	Dartford District Club Championships 2014	Eltham	SE14015	4
800 Freestyle	10:25.77	10:34.90	444	07/10/15	Dartford District Club Championships	London	SE151749	4
50 Breaststroke	37.95	38.80	417	29/11/15	Maidstone Level 3 Licensed Open Meet 2015	Maidstone	SE150448	3
100 Breaststroke	1:23.52	1:25.00	416	23/11/14	Dartford & District Club Championships	Eltham	SE14014	4
200 Breaststroke	3:02.26	3:05.10	402	07/12/14	Dartford District Club Championships 2014	Eltham	SE14015	4
50 Butterfly	31.49	32.10	464	28/02/15	2015 Kent County Swimming Championships	Gillingham	CC150172	2
100 Butterfly	1:10.60	1:11.70	448	01/03/15	2015 Kent County Swimming Championships	Gillingham	CC150172	2
200 Butterfly	2:49.76	2:51.60	349	07/12/14	Dartford District Club Championships 2014	Eltham	SE14015	4
50 Backstroke	34.30	34.90	398	04/01/15	Bexley Short Course Open Meet	Bexleyheath	LR150016	3
100 Backstroke	1:16.26	1:17.30	372	22/11/14	Dartford & District Club Championships	Eltham	SE14014	4
200 Backstroke	2:46.71	2:48.70	363	08/11/15	Dartford District Club Championships	Bexleyheath	SE151753	4
200 Individual Medley	2:38.47	2:40.90	454	01/03/15	2015 Kent County Swimming Championships	Gillingham	CC150172	2
400 Individual Medley	5:45.14	5:50.20	422	28/09/14	Dartford District Club Championships	Bexleyheath	SE14012	4
100 Individual Medley	1:11.43	1:11.40	495	07/03/15	2015 Kent County Swimming Championships	Gillingham	CC150173	2