

Individual Best Times (All Time)

Sophie Druce - (501105) - Alton & District Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.91	28.20	544	20/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	SE160096	1
100 Freestyle	1:02.77	1:01.40	559	11/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3
200 Freestyle	2:18.61	2:16.10	539	15/03/14	Hampshire County Championships	Portsmouth	CC4116	1
400 Freestyle	5:06.28	5:01.70	453	04/03/12	Hampshire County Championships	Portsmouth	CC2100	1
50 Breaststroke	40.00	39.20	387	16/03/14	Hampshire County Championships	Portsmouth	CC4116	1
50 Butterfly	30.73	30.10	502	12/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3
100 Butterfly	1:08.60	1:07.50	528	11/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3
50 Backstroke	40.03	39.50	302	27/02/11	Hampshire County Championships	Portsmouth	CC1092	1
100 Backstroke	1:24.29	1:23.30	314	21/05/11	Bracknell & Wokingham Open Meet	Aldershot	SE1040	1
200 Individual Medley	2:38.50	2:36.00	503	15/03/14	Hampshire County Championships	Portsmouth	CC4116	1
400 Individual Medley	5:47.38	5:42.30	448	03/03/12	Hampshire County Championships	Portsmouth	CC2100	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.67	29.40	511	21/11/15	Alton & District SC Autumn Club Championships	Alton	SE151448	4
100 Freestyle	1:01.84	1:03.20	536	14/06/15	Swim Out of Your Skin Open Meet	Waterlooville	SE151195	3
200 Freestyle	2:16.94	2:19.50	522	28/11/15	Alton & District SC Autumn Club Championships	Alton	SE151449	4
400 Freestyle	5:14.51	5:18.90	397	21/01/12	Alton & District Club Championships	Alton	SE2557	4
800 Freestyle	10:06.16	10:15.60	488	14/12/15	Alton & District Autumn Club Championships	Alton	SE151451	4
50 Breaststroke	39.04	39.80	383	11/01/14	Alton & District Club Championships	Alton	SE4018	4
100 Breaststroke	1:27.25	1:28.70	365	18/10/14	Alton & District Autumn Winter Champs	Alton	SE14157	4
200 Breaststroke	3:33.71	3:36.20	249	05/11/11	Alton & District Autumn Club Championships	Alton	SE1565	4
50 Butterfly	30.57	31.20	507	14/06/15	Swim Out of Your Skin Open Meet	Waterlooville	SE151195	3
100 Butterfly	1:09.12	1:10.20	478	27/09/14	Alton & District Club Championships	Alton	SE14156	4
200 Butterfly	2:47.13	2:49.00	366	23/11/13	Alton & District Autumn Winter Club Champs	Alton	SE3532	4
50 Backstroke	35.40	36.00	362	18/10/14	Alton & District Autumn Winter Champs	Alton	SE14157	4
100 Backstroke	1:18.75	1:19.80	338	10/04/11	Swim Bournemouth Open Meet	Littledown	SW1084	2
200 Backstroke	2:48.56	2:50.50	351	10/04/11	Swim Bournemouth Open Meet	Littledown	SW1084	2
200 Individual Medley	2:33.70	2:36.20	498	08/11/14	NASL2014 Round 2	Crawley	LR14624	4
400 Individual Medley	5:41.43	5:46.50	436	11/01/14	Alton & District Club Championships	Alton	SE4018	4
100 Individual Medley	1:12.45	1:12.50	474	17/09/16	Alton District Club Championships	Alton	SE161431	4