

Individual Best Times (All Time)

Sophie Ryder - (525677) - Llandudno Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.67	27.90	558	17/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
100 Freestyle	1:02.88	1:01.50	556	16/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
50 Breaststroke	34.97	34.10	579	21/10/17	Neath ASC Open Meet 2017	Swansea	WL171216	1
100 Breaststroke	1:17.90	1:16.30	557	21/10/17	Neath ASC Open Meet 2017	Swansea	WL171216	1
200 Breaststroke	2:57.82	2:54.80	462	17/04/17	Swim Wales Long Course Championships	Swansea	WL170073	1
50 Butterfly	32.89	32.30	409	28/03/16	Swim Wales Long Course Championships	Swansea	WL160019	1
100 Backstroke	1:38.15	1:37.30	199	25/06/11	City of Liverpool Summer Meet 2011	Liverpool	NW1026	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.98	28.70	550	27/05/17	Swim Conwy Whitsun Meet	Llandudno	WL170792	2
100 Freestyle	1:00.73	1:02.10	566	27/05/17	Swim Conwy Whitsun Meet	Llandudno	WL170792	2
200 Freestyle	2:17.27	2:19.80	518	04/02/17	Swim Wales North Regional Championships	Llandudno	WL170077	2
400 Freestyle	5:23.09	5:27.40	366	26/09/15	Swim Conwy Closed Invitational Meet	Llandudno	WL151457	3
800 Freestyle	11:47.89	11:56.00	306	29/09/13	Swim Conway Closed Invitation Meet	Llandudno	WAL518	4
50 Breaststroke	34.31	35.20	565	09/07/17	Len Thomas Memorial Sprint Meet	Llandudno	WL171152	2
100 Breaststroke	1:15.27	1:16.90	568	18/11/17	Stockport Metro November Meet 2017	Stockport	NW172023	2
200 Breaststroke	2:50.39	2:53.50	492	24/09/16	Conwy County Aquatics Closed Invitational	Llandudno	WL161540	3
50 Butterfly	32.44	33.00	424	09/07/17	Len Thomas Memorial Sprint Meet	Llandudno	WL171152	2
100 Butterfly	1:18.65	1:19.60	324	26/09/15	Swim Conwy Closed Invitational Meet	Llandudno	WL151457	3
50 Backstroke	44.69	45.10	180	15/10/11	Conwyn Autumn Meet	Llandudno	WAL387	2
100 Backstroke	1:20.37	1:21.40	318	03/02/14	Swim Wales North Region Championships	Llandudno	WAL549	2
200 Backstroke	3:07.86	3:09.60	253	22/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
200 Individual Medley	2:35.85	2:38.40	478	07/02/17	Swim Wales North Regional Championships	Llandudno	WL170078	2
400 Individual Medley	6:27.55	6:32.10	298	22/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
100 Individual Medley	1:22.09	1:22.10	326	26/05/12	Swim Conwy Whitsun Meet	Llandudno	WAL432	2