

Individual Best Times (All Time)

Sophie Burns - (775382) - Watford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.23	29.50	476	12/04/15	Team Luton April Long Course Meet	Luton	ER150341	1
100 Freestyle	1:04.29	1:03.00	520	01/05/16	ASA East Region Long Course Championships	Norwich	ER160820	1
200 Freestyle	2:23.04	2:20.60	491	12/04/15	Team Luton April Long Course Meet	Luton	ER150341	1
400 Freestyle	4:58.28	4:53.50	491	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	ER4086	1
800 Freestyle	9:59.73	9:50.00	528	10/03/17	Wycombe Long Course Premier Open Meet	Wycombe	SE170384	1
50 Breaststroke	39.24	38.40	410	30/04/16	ASA East Region Long Course Championships	Norwich	ER160820	1
100 Breaststroke	1:28.09	1:26.60	385	03/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
50 Backstroke	35.21	34.60	443	12/04/15	Team Luton April Long Course Meet	Luton	ER150341	1
100 Backstroke	1:15.04	1:14.00	445	11/04/15	Team Luton April Long Course Meet	Luton	ER150341	1
200 Backstroke	2:34.41	2:32.20	507	29/04/17	ASA East Long Course Championships	Luton	ER170219	1
200 Individual Medley	2:41.27	2:38.80	478	01/05/17	ASA East Long Course Championships	Luton	ER170219	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.77	29.50	506	15/10/16	Wycombe District Inaugural Premier Meet	Wycombe	SE160112	2
100 Freestyle	1:01.44	1:02.80	547	07/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
200 Freestyle	2:11.97	2:14.60	584	20/11/16	Watford November 2016 County Qualifier	Garston	ER161261	3
400 Freestyle	4:38.76	4:43.70	571	19/11/17	Watford & Hemel Hempstead Joint Club Champs	Hemel Hempstead	ER171354	3
800 Freestyle	9:33.24	9:43.20	577	15/11/17	Watford & Hemel Hempstead Joint Club Champs	Watford	ER171356	3
50 Breaststroke	37.71	38.50	425	12/03/16	Watford Regional Qualifier	Watford	ER160088	3
100 Breaststroke	1:21.09	1:22.60	454	16/07/14	Watford SC Club Championships Sprints 2014	Watford	ER4867	4
200 Breaststroke	2:53.41	2:56.40	467	30/11/16	Watford 200 Club Champs	Watford	ER162422	4
50 Butterfly	32.49	33.10	422	05/07/15	Watford Club Championships 2015	Watford	ER151203	4
100 Butterfly	1:11.55	1:12.60	431	13/07/16	Watford Sprint Club Championships 2016	Watford	ER161560	4
200 Butterfly	2:41.55	2:43.50	405	24/09/16	Hemel Hempstead 200 Fly Fest	Hemel Hempstead	ER161572	3
50 Backstroke	32.95	33.60	450	20/11/16	Watford November 2016 County Qualifier	Garston	ER161261	3
100 Backstroke	1:08.96	1:10.10	504	13/07/16	Watford Sprint Club Championships 2016	Watford	ER161560	4
200 Backstroke	2:25.22	2:27.50	549	18/06/17	The Terry Davies Alternative Nationals	Watford	ER170876	3
200 Individual Medley	2:27.27	2:29.90	566	12/11/16	NASL London	Luton	ER162323	3
400 Individual Medley	5:15.90	5:21.40	550	16/11/16	Watford & Hemel Hempstead Club Champs	Hemel Hempstead	ER162496	3
100 Individual Medley	1:11.07	1:11.10	502	10/07/16	Watford SC Sprint Club Championships 2016	Watford	ER161559	4