

Individual Best Times (All Time)

Sophie Ingram - (860842) - Incas

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.51	32.90	349	05/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Freestyle	1:08.75	1:07.50	425	09/02/19	Swim Scotland East District Age Groups 2019	Edinburgh	SCO1596	1
200 Freestyle	2:37.11	2:34.90	370	04/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
50 Breaststroke	43.02	42.30	311	04/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Breaststroke	1:28.24	1:26.80	383	27/03/22	East District Age Group Champs	East District	SCO1869	1
200 Breaststroke	3:36.02	3:33.60	258	03/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
50 Butterfly	36.91	36.40	289	04/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Butterfly	1:18.25	1:17.30	356	09/02/19	Swim Scotland East District Age Groups 2019	Edinburgh	SCO1596	1
200 Butterfly	3:41.01	3:39.60	167	04/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
200 Individual Medley	2:57.37	2:55.10	359	09/02/19	Swim Scotland East District Age Groups 2019	Edinburgh	SCO1596	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.47	31.10	426	08/05/22	Fife Leagues - Round 1	Michael Wood Centre	SCO1894	2
100 Freestyle	1:06.31	1:07.60	435	05/03/22	SAS Spring Meet 2022	Westhill	SCO1858	2
200 Freestyle	2:24.32	2:26.70	446	15/12/18	Warrender Graded Meet	Michael Woods Centre	SCO1581	2
400 Freestyle	5:07.46	5:12.00	425	20/10/19	East District Short Course Time Trials	Bathgate	SCO1723	2
800 Freestyle	10:48.39	10:57.30	399	12/02/22	Fife Distance Meet	Fife	SCO1870	2
1500 Freestyle	21:11.84	21:28.00	364	20/10/19	East District Short Course Time Trials	Bathgate	SCO1723	2
50 Breaststroke	38.75	39.60	392	23/01/22	East District Age Group Championships Round 1	Edinburgh	SCO1844	2
100 Breaststroke	1:24.20	1:25.70	406	08/05/22	Fife Leagues - Round 1	Michael Wood Centre	SCO1894	2
200 Breaststroke	3:08.52	3:11.30	363	25/05/19	InCAS Distance Meet	Michael Woods Centre	SCO1671	2
50 Butterfly	33.87	34.40	372	05/03/22	SAS Spring Meet 2022	Westhill	SCO1858	2
100 Butterfly	1:18.49	1:19.50	326	16/12/18	Warrender Graded Meet	Michael Woods Centre	SCO1581	2
200 Butterfly	3:02.51	3:04.20	281	01/03/20	Midlothian Spring Meet	Prestonpans	SCO1809	1
50 Backstroke	39.94	40.40	252	25/08/19	Cumbernauld Autumn Graded Meet 2019	Tryst	SCO1696	2
100 Backstroke	1:23.72	1:24.70	281	01/09/19	Fife Leagues September 19	Michael Woods	SCO1725	2
200 Backstroke	3:06.20	3:08.00	260	10/03/19	Fife Leagues March 19	Michael Woods Centre	SCO1623	2
200 Individual Medley	2:48.36	2:50.70	379	27/05/18	InCAS Distance Gala 2018	Glenrothes	SCO1496	2
400 Individual Medley	6:07.59	6:12.30	349	13/05/17	InCAS Distance Meet	Michael Woods Centre	SCO1300	2
100 Individual Medley	1:22.71	1:22.70	318	17/03/18	Glenrothes Spring Meet	Michael Woods Centre	SCO1437	2