

Individual Best Times (All Time)

Sophie Allen - (886825) - Belper Marlin Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.36	34.80	297	03/12/17	Derbyshire ASA Long Course Competition 2017	Sheffield	EM171919	3
50 Breaststroke	46.62	45.90	244	03/12/17	Derbyshire ASA Long Course Competition 2017	Sheffield	EM171919	3
100 Breaststroke	1:41.54	1:40.30	251	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
200 Breaststroke	3:39.88	3:37.50	244	02/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3
50 Butterfly	40.41	39.90	220	03/12/17	Derbyshire ASA Long Course Competition 2017	Sheffield	EM171919	3
50 Backstroke	41.61	41.10	268	03/12/17	Derbyshire ASA Long Course Competition 2017	Sheffield	EM171919	3
200 Backstroke	3:13.41	3:11.70	258	01/10/16	Sherwood Colliery The Robin Hood Open Meet 2016	Sheffield	EM161455	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.21	33.80	329	25/06/17	Belper Marlins Summer Sprints	Alfreton	EM171317	4
100 Freestyle	1:14.25	1:15.40	309	26/11/17	Belper Marlin Club Championships 2017	Alfreton	EM172493	4
200 Freestyle	2:45.19	2:47.30	297	25/11/17	Belper Marlin Club Championships 2017	Alfreton	EM172493	4
50 Breaststroke	43.37	44.10	279	17/06/18	Retford 25th Annual Open Meet	Sheffield	EM180867	3
100 Breaststroke	1:37.97	1:39.30	257	24/11/18	Belper Marlin SC Club Championships 2018	Alfreton	EM182692	4
200 Breaststroke	3:22.12	3:24.70	295	19/11/17	Belper Marlin Club Championships 2017	Alfreton	EM172492	4
50 Butterfly	39.41	39.90	236	01/07/18	Belper Marlin Summer Sprints 2018	Alfreton	EM181252	4
100 Butterfly	1:33.20	1:34.00	195	19/11/17	Belper Marlin Club Championships 2017	Alfreton	EM172492	4
50 Backstroke	38.67	39.20	278	16/07/17	Chesterfield Summer Splash	Matlock	EM170473	3
100 Backstroke	1:22.51	1:23.50	294	26/11/17	Belper Marlin Club Championships 2017	Alfreton	EM172493	4
200 Backstroke	2:57.90	2:59.80	298	18/11/17	Belper Marlin Club Championships 2017	Alfreton	EM172492	4
200 Individual Medley	3:02.60	3:04.80	297	25/11/17	Belper Marlin Club Championships 2017	Alfreton	EM172493	4
100 Individual Medley	1:22.64	1:22.60	319	17/06/18	Retford 25th Annual Open Meet	Sheffield	EM180867	3