

# Individual Best Times (All Time)

Sophie Hooke - (888509) - Brompton SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.33	36.90	251	24/11/13	Guildford County Qualifier Meet	Guildford	SE3252	3
100 Freestyle	1:20.33	1:21.40	244	13/07/14	Staines SC Black Swan Summer Meet	Staines	SE4161	3
200 Freestyle	3:01.44	3:03.40	224	20/10/13	Staines SC Black Swan Winter Meet 2013	Elmbridge	SE3396	3
50 Breaststroke	46.91	47.60	221	24/11/13	Guildford County Qualifier Meet	Guildford	SE3252	3
100 Breaststroke	1:40.19	1:41.40	241	24/11/13	Guildford County Qualifier Meet	Guildford	SE3252	3
200 Breaststroke	3:31.52	3:34.00	257	24/11/13	Guildford County Qualifier Meet	Guildford	SE3252	3
100 Butterfly	2:00.19	2:00.80	90	16/06/13	Brompton SC Summer Sprints Champs 2013	Fulham	LR3626	4
200 Butterfly	4:15.59	4:16.80	102	30/11/13	Brompton Mid Distance Championships	Fulham	LR31017	4
50 Backstroke	39.01	39.50	271	13/07/14	Staines SC Black Swan Summer Meet	Staines	SE4161	3
100 Backstroke	1:27.41	1:28.30	247	20/10/13	Staines SC Black Swan Winter Meet 2013	Elmbridge	SE3396	3
200 Backstroke	2:58.45	3:00.30	296	30/11/13	Brompton Mid Distance Championships	Fulham	LR31017	4
200 Individual Medley	3:23.68	3:25.60	214	19/10/13	Staines SC Black Swan Winter Meet 2013	Elmbridge	SE3396	3
100 Individual Medley	1:36.65	1:36.70	199	16/06/13	Brompton SC Summer Sprints Champs 2013	Fulham	LR3626	4