

Individual Best Times (All Time)

Sofia Altoft - (90019831) - University Of Stirling

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.02	26.20	667	16/02/19	BUCS Long Course Swimming Championships 2019	Sheffield	NE190155	1
100 Freestyle	59.00	57.60	673	13/04/19	Swim Cup Eindhoven	Eindhoven	GBR1014	1
200 Freestyle	2:19.52	2:17.00	529	25/05/19	Glasgow International Swim Meet	Tollcross	SCO1665	1
50 Breaststroke	36.53	35.70	508	16/03/19	Edinburgh International	Edinburgh	SCO1626	1
50 Backstroke	32.76	32.10	551	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.12	26.90	676	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
100 Freestyle	57.05	58.50	683	13/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
200 Freestyle	2:08.05	2:10.70	639	15/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
50 Breaststroke	35.02	35.90	531	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
100 Individual Medley	1:09.02	1:09.00	548	27/10/19	Carnegie Winter Open Meet 2019	Michael Woods	SCO1726	2