

Individual Best Times (All Time)

Sophie Freeman - (902279) - Colchester SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.86	26.10	679	26/07/18	British Summer Championships	Sheffield	BSW006	1
100 Freestyle	57.50	56.00	727	07/04/23	British Swimming Championships 2023	Sheffield	BSW024	1
200 Freestyle	2:04.30	2:01.50	748	24/07/18	British Summer Championships	Sheffield	BSW006	1
400 Freestyle	4:23.91	4:18.50	709	04/05/19	ASA SWR Summer Championships	Plymouth	SW190488	1
800 Freestyle	9:07.82	8:57.20	693	06/05/19	ASA SWR Summer Championships	Plymouth	SW190488	1
1500 Freestyle	17:38.03	17:18.40	658	27/07/18	British Summer Championships	Sheffield	BSW006	1
50 Breaststroke	38.38	37.60	438	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Breaststroke	1:24.10	1:22.60	443	20/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
200 Breaststroke	3:05.24	3:02.40	409	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
50 Butterfly	27.35	26.70	712	05/04/23	British Swimming Championships 2023	Sheffield	BSW024	1
100 Butterfly	1:00.27	59.00	780	09/04/23	British Swimming Championships 2023	Sheffield	BSW024	1
200 Butterfly	2:12.95	2:10.60	769	22/07/19	European Youth Olympic Festival	Baku	GBR1120	1
50 Backstroke	30.07	29.40	712	05/05/19	ASA SWR Summer Championships	Plymouth	SW190488	1
100 Backstroke	1:03.65	1:02.40	730	21/05/23	Plymouth Leander Last Chance National Qualifier L1	Plymouth	SW230898	1
200 Backstroke	2:19.09	2:16.70	693	19/04/19	British Championships 2019	Glasgow	BSW010	1
200 Individual Medley	2:21.56	2:18.80	707	04/05/19	ASA SWR Summer Championships	Plymouth	SW190488	1
400 Individual Medley	4:59.46	4:53.50	699	24/03/19	ESSA 69th National Inter-Divisional Championships	Crawley	SE190428	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.21	27.00	669	04/11/18	ASA SWR Winter Championships	Millfield	SW180511	2
100 Freestyle	56.69	58.10	696	06/10/19	Swim England National County Team Champs 2019 D1	Sheffield	ENG016	2
200 Freestyle	2:01.29	2:04.10	752	19/10/19	Exeter City Lindsay Powell Memorial Meet 2019	Plymouth Life Centre	SW191981	2
400 Freestyle	4:21.04	4:26.40	695	21/10/18	Exeter City Lindsay Powell Memorial Meet	Plymouth	SW181011	2
800 Freestyle	8:54.63	9:05.30	712	02/11/18	ASA SWR Winter Championships	Millfield	SW180511	2
50 Breaststroke	38.39	39.20	403	18/06/17	4th Midsummer Madness Open Meet	Colchester	ER171100	3
100 Breaststroke	1:20.48	1:22.00	465	01/10/17	Colchester Club Championships	Colchester	ER171793	4
200 Breaststroke	3:07.99	3:10.80	366	25/09/16	Sudbury & District Michaelmas Two Day Open Meet	Sudbury	ER161594	3
50 Butterfly	27.21	27.90	719	16/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
100 Butterfly	58.96	1:00.20	770	05/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
200 Butterfly	2:09.52	2:11.90	787	07/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
50 Backstroke	29.15	29.80	649	14/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
100 Backstroke	1:02.51	1:03.80	677	16/10/21	Exeter City - Lindsay Powell Memorial Meet 2021	Plymouth	SW210490	2
200 Backstroke	2:11.91	2:14.40	733	08/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
200 Individual Medley	2:18.91	2:21.70	675	13/12/19	Ontario Junior International 2019	Ontario, Canada	INT384	2
400 Individual Medley	4:52.91	4:58.80	690	16/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
100 Individual Medley	1:06.18	1:06.20	622	21/10/18	Exeter City Lindsay Powell Memorial Meet	Plymouth	SW181011	2