

Individual Best Times (All Time)

Sophia Donohue - (928640) - Maidenhead ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.20	34.60	301	30/06/13	Rushmoor Royals Summer Festival	Aldershot	SE3397	3
100 Freestyle	1:22.16	1:21.10	249	30/03/13	Rushmoor Royals & Hart SC Easter Open Meet	Aldershot	SE3146	3
200 Freestyle	2:47.22	2:45.10	307	14/04/13	Crawley SC Spring Long Course Open Meet	Crawley	SE3140	1
400 Freestyle	6:07.10	6:03.20	263	30/06/13	Rushmoor Royals Summer Festival	Aldershot	SE3397	3
50 Breaststroke	43.40	42.70	303	08/02/14	Aquae Sulis Spring Grand Prix 2014	Bristol	SW4019	1
100 Breaststroke	1:41.11	1:39.90	255	03/11/12	City of Coventry November Open Meet	Coventry	WM2024	1
200 Breaststroke	3:25.65	3:23.10	299	08/02/14	Aquae Sulis Spring Grand Prix 2014	Bristol	SW4019	1
50 Butterfly	47.10	46.70	139	11/05/13	Wycombe District SC 7th Annual LC Sprint	Wycombe	SE3432	3
50 Backstroke	43.75	43.30	231	11/05/13	Wycombe District SC 7th Annual LC Sprint	Wycombe	SE3432	3
100 Backstroke	1:36.94	1:36.10	206	30/06/13	Rushmoor Royals Summer Festival	Aldershot	SE3397	3
200 Individual Medley	3:16.19	3:14.20	265	30/03/13	Rushmoor Royals & Hart SC Easter Open Meet	Aldershot	SE3146	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.86	33.50	339	06/12/15	Windsor Open Meet	Maidenhead	SE150283	3
100 Freestyle	1:12.72	1:13.90	329	17/05/14	Windsor SC Level 3 Open Meet	Maidenhead	SE4430	3
200 Freestyle	2:41.03	2:43.20	321	07/12/13	Maidenhead Marlins Invitational Meet	Maidenhead	SE3955	3
400 Freestyle	5:53.44	5:57.40	280	25/04/15	Maidenhead Level 4 Series 2015	Maidenhead	SE150691	4
50 Breaststroke	41.58	42.30	317	26/11/16	Maidenhead Olympic Celebration County Qualifier	Maidenhead	SE162099	3
100 Breaststroke	1:30.96	1:32.30	322	26/11/16	Maidenhead Olympic Celebration County Qualifier	Maidenhead	SE162099	3
200 Breaststroke	3:16.49	3:19.20	321	30/04/16	Maidenhead Level 4 Series	Maidenhead	SE160885	4
50 Butterfly	38.26	38.80	258	30/04/16	Maidenhead Level 4 Series	Maidenhead	SE160885	4
100 Butterfly	1:52.62	1:53.30	110	14/07/12	Maidenhead Marlins Club Champs	Maidenhead	SE2336	4
50 Backstroke	40.11	40.60	249	05/11/16	Reading November L3 Open Meet	Reading	SE161267	3
100 Backstroke	1:26.06	1:27.00	259	26/04/14	Maidenhead Marlins Level 4 Meet	Maidenhead	SE4366	4
200 Backstroke	3:16.17	3:17.90	222	06/07/13	Maidenhead Marlins L3 Open Meet	Maidenhead	SE3167	3
200 Individual Medley	2:59.61	3:01.80	312	18/01/14	Staines Black Swan County Qualifier 2014	Elmbridge	SE4010	3
100 Individual Medley	1:23.38	1:23.40	311	25/11/17	Maidenhead Olympic Celebration County Qualifier	Maidenhead	SE172256	3