

Individual Best Times (All Time)

Sophia Basaraba - (938614) - Bingley SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.15	29.40	480	24/02/18	Yorkshire County Championships	Sheffield	NE180137	1
100 Freestyle	1:02.74	1:01.40	559	26/05/19	Swim England North East Region Championships (50)	Leeds	NE190137	1
200 Freestyle	2:20.70	2:18.20	515	09/02/19	Yorkshire County Championships	Leeds	NE190128	1
400 Freestyle	4:42.61	4:37.60	577	25/05/19	Swim England North East Region Championships (50)	Leeds	NE190137	1
1500 Freestyle	19:07.62	18:49.50	515	05/05/19	Swim England North East Region Championships (50)	Sheffield	NE190135	1
50 Breaststroke	43.16	42.40	308	24/02/18	Yorkshire County Championships	Sheffield	NE180137	1
100 Breaststroke	1:33.44	1:32.10	323	25/11/17	City of Sheffield Snow Frills Meet	Sheffield	NE170317	3
200 Breaststroke	3:21.28	3:18.60	319	25/02/17	Yorkshire SA County Championships	Leeds	NE170143	1
50 Backstroke	32.55	31.90	561	13/04/19	City of Leeds National Qualifier 2019	Leeds	NE190133	1
100 Backstroke	1:08.67	1:07.50	581	11/05/19	Swim England North East Region Championships (50)	Leeds	NE190136	1
200 Backstroke	2:27.07	2:24.80	586	13/04/19	City of Leeds National Qualifier 2019	Leeds	NE190133	1
200 Individual Medley	2:48.40	2:46.00	420	04/02/17	Yorkshire SA County Championships	Leeds	NE170141	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.22	29.90	483	20/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
100 Freestyle	1:02.60	1:03.90	517	20/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	NE192012	2
200 Freestyle	2:19.69	2:22.20	492	06/10/18	Prescot & Everton October Meet 2018	Knowsley	NW182013	3
400 Freestyle	4:47.72	4:52.60	519	18/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
800 Freestyle	9:59.68	10:09.20	504	11/02/18	Yorkshire County Championships	Leeds	NE180136	2
1500 Freestyle	19:03.48	19:21.40	501	25/11/18	City of Bradford 'Early Early Xmas' (A B Grade)	Bradford	NE181731	3
50 Breaststroke	40.14	40.90	353	21/07/19	City of Bradford Summer Sprint with the Free	Shipley	NE191973	3
100 Breaststroke	1:22.47	1:24.00	432	20/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	NE192012	2
200 Breaststroke	3:10.02	3:12.80	355	08/07/17	City of Bradford 'Summer Sizzler' Meet 2017	Bradford	NE170998	3
50 Butterfly	35.01	35.50	337	24/11/18	City of Bradford 'Early Early Xmas' (A B Grade)	Bradford	NE181731	3
50 Backstroke	31.86	32.50	497	02/11/19	North East Region Open Championships (25m)	Sheffield	NE192157	2
100 Backstroke	1:06.83	1:08.00	554	20/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	NE192012	2
200 Backstroke	2:25.35	2:27.60	547	02/11/19	North East Region Open Championships (25m)	Sheffield	NE192157	2
200 Individual Medley	2:39.93	2:42.40	442	05/01/19	HARROGATE JANUS A & B GRADE MEET	HARROGATE	NE190225	3