

Individual Best Times (All Time)

Sophia McGrath Possuelo - (978975) - Hart Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.37	32.70	354	11/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3
100 Freestyle	1:14.21	1:13.10	338	10/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3
200 Freestyle	2:46.39	2:44.30	311	10/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3
50 Breaststroke	47.57	46.90	230	10/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3
100 Breaststroke	1:42.76	1:41.50	243	11/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3
50 Butterfly	37.95	37.40	266	10/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3
50 Backstroke	40.13	39.60	299	11/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3
100 Backstroke	1:26.70	1:25.80	289	11/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3
200 Individual Medley	3:09.73	3:07.60	293	11/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	SE150330	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.86	32.50	372	28/09/14	Hart SC Club Championships 2014	Fleet	SE14258	4
100 Freestyle	1:11.14	1:12.30	352	29/11/14	Atlantis Horsham Christmas Cracker Meet	Horsham	SE4220	3
200 Freestyle	2:39.35	2:41.50	331	25/09/14	Hart SC Club Championships 2014	Fleet	SE14257	4
400 Freestyle	5:53.33	5:57.30	280	28/09/14	Hart SC Club Championships 2014	Fleet	SE14258	4
50 Breaststroke	45.47	46.20	242	07/12/14	Hart John Bennett Meet	Fleet	SE14581	4
100 Breaststroke	1:39.24	1:40.50	248	08/11/14	NASL2014 Round 2	Horsham	LR14631	3
200 Breaststroke	3:38.03	3:40.40	235	21/09/14	Hart Club Chamnpionships	Fleet	SE14256	4
50 Butterfly	37.63	38.10	271	29/11/14	Atlantis Horsham Christmas Cracker Meet	Horsham	SE4220	3
50 Backstroke	37.14	37.70	314	29/11/14	Atlantis Horsham Christmas Cracker Meet	Horsham	SE4220	3
100 Backstroke	1:21.43	1:22.40	306	30/11/14	Atlantis Horsham Christmas Cracker Meet	Horsham	SE4220	3
200 Backstroke	2:59.40	3:01.30	291	25/01/15	Cranleigh January Open Meet 2015	Cranleigh	SE150001	3
200 Individual Medley	2:58.63	3:00.80	317	30/11/14	Atlantis Horsham Christmas Cracker Meet	Horsham	SE4220	3
100 Individual Medley	1:22.56	1:22.60	320	30/11/14	Atlantis Horsham Christmas Cracker Meet	Horsham	SE4220	3