

Individual Best Times (All Time)

Sofia Stephenson - (1479219) - City of Sunderland ASC - 400 Freestyle - Short Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:37.37	579	H	26/05/24	South Tyneside 2024 Spring Meet	South Shields	Co Sund'land	3
4:49.54	509		09/12/23	York City BC Winter Swim Extravaganza 2023	Leeds		3
4:54.68	483	H	28/05/23	South Tyneside SC Spring Meet 2023	South Shields	Co Sund'land	3
4:55.17	481	H	04/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	Co Sund'land	2
4:55.87	477	H	13/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	Co Sund'land	2
4:59.13	462	H	16/07/23	Gateshead & Whickham ASC Summer Meet 2023	Gateshead	Co Sund'land	3
5:02.51	447	H	17/09/23	Richmond Dales Iain Young Back to Pool Gala 2023	Middlesbrough	Co Sund'land	3
5:02.60	446		10/12/22	York City Baths Winter Swim Extravaganza 2022	Leeds		3
5:09.35	418	H	05/11/22	SE North East Age Group Championships (25m) 2022	Sheffield	Co Sund'land	2
5:16.04	392	H	29/05/22	South Tyneside SC Spring Meet 2022	South Shields	Co Sund'land	3
5:20.32	376	H	14/10/22	BOSSS Winter Swimming Meet 2022	Billingham Forum	Co Sund'land	2
5:21.13	373	H	27/03/22	Tynemouth ASC March Gala 2022	North Shields	Co Sund'land	3
5:46.68	296	H	06/11/21	SE North East Region Age Group Championships 2021	Sheffield	Co Sund'land	2
6:13.57	237	H	19/09/21	Richmond Dales The Iain Young Back to Pool Gala	Middlesbrough	Co Sund'land	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:37.37	579	H	26/05/24	South Tyneside 2024 Spring Meet	South Shields	Co Sund'land	3
4:49.54	509		09/12/23	York City BC Winter Swim Extravaganza 2023	Leeds		3
4:55.17	481	H	04/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	Co Sund'land	2
4:55.87	477	H	13/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	Co Sund'land	2
5:02.51	447	H	17/09/23	Richmond Dales Iain Young Back to Pool Gala 2023	Middlesbrough	Co Sund'land	3
4:59.13	462	H	16/07/23	Gateshead & Whickham ASC Summer Meet 2023	Gateshead	Co Sund'land	3
4:54.68	483	H	28/05/23	South Tyneside SC Spring Meet 2023	South Shields	Co Sund'land	3
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5:20.32	376	H	14/10/22	BOSS Winter Swimming Meet 2022	Billingham Forum	Co Sund'land	2
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