

Individual Best Times (All Time)

Sofia Ashdown - (1508847) - Wrexham Swimming Club - 50 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
32.22	360	F	26/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno		2
32.37	355	F	16/03/24	Swim Conwy Spring Meet 2024	Llandudno		3
32.37	355	F	28/04/24	Wrexham Spring Meet 2024	Wrexham		2
32.45	352	F	22/10/23	Swim Conwy Autumn Meet 2023	Llandudno		2
32.59	348	F	02/07/23	Holywell ASC Summer Sprint 2023	Holywell		3
32.86	339	F	03/12/23	Chirk Christmas Cracker 2023	Wrexham		3
32.86	339	F	03/12/23	Chirk Dragons Christmas Cracker	Wrexham		3
33.16	330	F	12/02/23	Swim Wales North Regional Championships 2023	Llandudno		2
33.46	321	F	18/03/23	Swim Conwy Spring Meet 2023	Llandudno		3
34.04	305	F	30/04/23	Wrexham Spring Meet 2023	Wrexham		2
34.18	301	F	16/10/22	Swim Conwy Autumn Gala	Llandudno		2
34.21	301	F	27/11/22	Swim Wales North Sub Regionals 2022	Llandudno		3
35.46	270	F	01/05/22	Wrexham SC Spring Meet 2022	Wrexham		2
36.08	256	F	13/02/22	Swim Wales North Regional Championships 2022	Llandudno		2
36.23	253	F	03/07/22	Holywell 50th Anniversary (Sprint) Meet 2022	Holywell		3
36.73	243	F	26/02/22	Swim Conwy Spring Gala	Llandudno		3
37.01	237	F	12/12/21	Chirk Christmas Cracker 2021	Wrexham		3
38.62	209	F	24/10/21	Holywell Comeback Meet	Holywell, Wales		3
45.03	132	F	23/11/20	Swim Wales Super Series - Round 2, Session 1	Swansea		0

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