

# Individual Best Times (All Time)

Sofia Ashdown - (1508847) - Wrexham Swimming Club - 50 Backstroke - 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
38.58	280	F	19/03/23	Swim Conwy Spring Meet 2023	Llandudno		3
38.72	277	F	02/07/23	Holywell ASC Summer Sprint 2023	Holywell		3
38.78	276	F	12/02/23	Swim Wales North Regional Championships 2023	Llandudno		2
39.02	270	F	17/03/24	Swim Conwy Spring Meet 2024	Llandudno		3
39.09	269	F	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno		2
39.95	252	F	27/11/22	Swim Wales North Sub Regionals 2022	Llandudno		3
40.07	250	F	27/04/24	Wrexham Spring Meet 2024	Wrexham		2
40.44	243	F	30/04/23	Wrexham Spring Meet 2023	Wrexham		2
41.84	219	F	01/05/22	Wrexham SC Spring Meet 2022	Wrexham		2
42.25	213	F	12/12/21	Chirk Christmas Cracker 2021	Wrexham		3
42.85	204	F	24/10/21	Holywell Comeback Meet	Holywell, Wales		3
43.50	195	F	13/02/22	Swim Wales North Regional Championships 2022	Llandudno		2
43.52	195	F	03/07/22	Holywell 50th Anniversary (Sprint) Meet 2022	Holywell		3
47.19	153	F	23/11/20	Swim Wales Super Series - Round 2, Session 1	Swansea		0

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