

# Individual Best Times (All Time)

Sofia Ashdown - (1508847) - Wrexham Swimming Club - 200 Individual Medley - 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
3:00.40	308	F	03/03/24	Crystal Meet 2024	Wrexham		3
3:01.07	304	F	26/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno		2
3:01.28	303	F	28/10/23	Holywell ASC Geoff Drew Halloween Meet 2023	Holywell		3
3:02.53	297	F	16/03/24	Swim Conwy Spring Meet 2024	Llandudno		3
3:07.21	275	F	18/03/23	Swim Conwy Spring Meet 2023	Llandudno		3
3:07.88	272	F	27/11/22	Swim Wales North Sub Regionals 2022	Llandudno		3
3:09.17	267	F	26/03/23	Wrexham SC Crystal Meet 2023	Wrexham		3
3:14.34	246	F	15/10/22	Swim Conwy Autumn Gala	Llandudno		2
3:19.27	228	F	12/06/22	Wrexham Swimming Club Cath Ankers Meet 2022	Wrexham		3

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