

Individual Best Times (All Time)

Sofia Ashdown - (1508847) - Wrexham Swimming Club - 100 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
1:10.23	366	F	28/10/23	Holywell ASC Geoff Drew Halloween Meet 2023	Holywell		3
1:10.33	364	F	16/06/24	Wrexham Cath Ankers Meet 2024	Wrexham		3
1:10.38	363	F	27/04/24	Wrexham Spring Meet 2024	Wrexham		2
1:10.64	359	F	16/03/24	Swim Conwy Spring Meet 2024	Llandudno		3
1:10.66	359	F	02/07/23	Holywell ASC Summer Sprint 2023	Holywell		3
1:10.74	358	F	26/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno		2
1:10.99	354	F	22/10/23	Swim Conwy Autumn Meet 2023	Llandudno		2
1:11.24	350	F	03/12/23	Chirk Christmas Cracker 2023	Wrexham		3
1:11.24	350	F	03/12/23	Chirk Dragons Christmas Cracker	Wrexham		3
1:12.63	331	F	03/03/24	Crystal Meet 2024	Wrexham		3
1:13.36	321	F	18/03/23	Swim Conwy Spring Meet 2023	Llandudno		3
1:13.38	321	F	20/11/22	Wrexham SC Bonfire Meet 2022	Wrexham		3
1:13.44	320	F	11/02/23	Swim Wales North Regional Championships 2023	Llandudno		2
1:14.09	311	F	25/06/23	Wrexham Cath Ankers Meet 2023	Wrexham		3
1:14.41	307	F	26/11/22	Swim Wales North Sub Regionals 2022	Llandudno		3
1:14.58	305	F	26/03/23	Wrexham SC Crystal Meet 2023	Wrexham		3
1:14.73	304	F	30/04/23	Wrexham Spring Meet 2023	Wrexham		2
1:15.79	291	F	16/10/22	Swim Conwy Autumn Gala	Llandudno		2
1:18.72	260	F	12/06/22	Wrexham Swimming Club Cath Ankers Meet 2022	Wrexham		3
1:19.08	256	F	01/05/22	Wrexham SC Spring Meet 2022	Wrexham		2
1:20.26	245	F	03/07/22	Holywell 50th Anniversary (Sprint) Meet 2022	Holywell		3
1:24.58	209	F	26/02/22	Swim Conwy Spring Gala	Llandudno		3
1:43.13	115	F	23/11/20	Swim Wales Super Series - Round 2, Session 1	Swansea		0

Swims in Date Order

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