

Individual Best Times (All Time)

Sofia Ashdown - (1508847) - Wrexham Swimming Club - 200 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
2:35.99	353	F	27/04/24	Wrexham Spring Meet 2024	Wrexham		2
2:37.70	342	F	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno		2
2:39.26	332	F	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno		2
2:41.35	319	F	12/02/23	Swim Wales North Regional Championships 2023	Llandudno		2
2:43.59	306	F	29/04/23	Wrexham Spring Meet 2023	Wrexham		2
2:44.42	301	F	18/03/23	Swim Conwy Spring Meet 2023	Llandudno		3
2:48.12	282	F	27/11/22	Swim Wales North Sub Regionals 2022	Llandudno		3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:35.99	353	F	27/04/24	Wrexham Spring Meet 2024	Wrexham		2
2:37.70	342	F	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno		2
2:39.26	332	F	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno		2
2:43.59	306	F	29/04/23	Wrexham Spring Meet 2023	Wrexham		2
2:44.42	301	F	18/03/23	Swim Conwy Spring Meet 2023	Llandudno		3
2:41.35	319	F	12/02/23	Swim Wales North Regional Championships 2023	Llandudno		2
2:48.12	282	F	27/11/22	Swim Wales North Sub Regionals 2022	Llandudno		3