

# Individual Best Times (All Time)

Sofia Ashdown - (1508847) - Wrexham Swimming Club - 50 Breaststroke - 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
43.79	271	F	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno		2
43.85	270	F	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno		2
44.62	257	F	17/03/24	Swim Conwy Spring Meet 2024	Llandudno		3
45.24	246	F	28/04/24	Wrexham Spring Meet 2024	Wrexham		2
45.32	245	F	02/07/23	Holywell ASC Summer Sprint 2023	Holywell		3
46.08	233	F	03/12/23	Chirk Christmas Cracker 2023	Wrexham		3
46.08	233	F	03/12/23	Chirk Dragons Christmas Cracker	Wrexham		3
47.00	219	F	29/04/23	Wrexham Spring Meet 2023	Wrexham		2
47.18	217	F	11/02/23	Swim Wales North Regional Championships 2023	Llandudno		2
47.26	216	F	15/10/22	Swim Conwy Autumn Gala	Llandudno		2
47.35	215	F	19/03/23	Swim Conwy Spring Meet 2023	Llandudno		3
47.93	207	F	26/11/22	Swim Wales North Sub Regionals 2022	Llandudno		3
50.18	180	F	03/07/22	Holywell 50th Anniversary (Sprint) Meet 2022	Holywell		3
51.36	168	F	27/02/22	Swim Conwy Spring Gala	Llandudno		3
57.28	121	F	23/11/20	Swim Wales Super Series - Round 2, Session 1	Swansea		0

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