

Individual Best Times (All Time)

Sofia Breeze - (1161920) - City of Norwich SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.77	29.10	498	29/01/23	Norfolk County Championships 2023	Norwich	ER230194	1
100 Freestyle	1:05.69	1:04.40	487	04/02/23	Norfolk County Championships 2023	Norwich	ER230195	1
200 Freestyle	2:31.15	2:28.80	416	21/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	EM160524	1
400 Freestyle	5:34.34	5:30.10	348	04/10/15	Sherwood Colliery The Robin Hood Open Meet	Sheffield	EM150963	3
800 Freestyle	11:33.56	11:25.20	341	08/06/12	New Member Long Course	England	OVE301	1
50 Breaststroke	38.86	38.00	422	04/02/23	Norfolk County Championships 2023	Norwich	ER230195	1
100 Breaststroke	1:23.90	1:22.40	446	28/01/23	Norfolk County Championships 2023	Norwich	ER230194	1
200 Breaststroke	3:00.56	2:57.60	442	27/05/17	ASA EM Region Youth Champs 2017	Sheffield	EM170474	1
50 Backstroke	33.63	33.00	509	04/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3
100 Backstroke	1:13.69	1:12.60	470	05/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3
200 Backstroke	2:38.77	2:36.70	466	22/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	EM160524	1
200 Individual Medley	2:46.26	2:43.90	436	28/01/23	Norfolk County Championships 2023	Norwich	ER230194	1
400 Individual Medley	5:57.99	5:53.00	409	21/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	EM160524	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.95	30.60	448	16/10/22	Diss Otters SC Open 2022	Sportspark	ER221545	3
100 Freestyle	1:04.87	1:06.10	464	02/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
200 Freestyle	2:20.06	2:22.50	488	21/01/17	Lincolnshire County Championships 2017	Grantham	EM170026	2
400 Freestyle	4:52.63	4:57.40	493	12/11/16	Grantham Club Championships	Grantham	EM162349	4
800 Freestyle	10:02.64	10:12.20	497	30/10/16	Grantham Club Championships	Grantham	EM162348	4
50 Breaststroke	36.49	37.30	469	16/10/22	Diss Otters SC Open 2022	Sportspark	ER221545	3
100 Breaststroke	1:19.78	1:21.30	477	25/03/23	City of Cambridge SC Spring Open Meet 23	Cambridge	ER230541	3
200 Breaststroke	2:52.64	2:55.70	473	19/11/17	Boston ASC 13th Open Meet	Grantham	EM171183	3
50 Butterfly	33.64	34.20	380	12/11/17	Grantham Club Championships	Grantham	EM172115	3
100 Butterfly	1:22.61	1:23.50	280	02/04/16	Nuneaton & Bedworth Delia Reynolds Open Meet	Nuneaton	WM160380	3
200 Butterfly	3:35.24	3:36.70	171	04/07/14	Melton Mowbray Long Distance Championships	Melton Mowbray	EM4465	4
50 Backstroke	32.29	32.90	478	18/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2
100 Backstroke	1:11.08	1:12.20	460	20/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
200 Backstroke	2:29.55	2:31.80	503	03/02/18	Lincolnshire County Championships 2018	Louth	EM180023	2
200 Individual Medley	2:35.18	2:37.70	484	18/11/17	Boston ASC 13th Open Meet	Grantham	EM171183	3
400 Individual Medley	5:23.71	5:29.10	511	13/11/16	Grantham Club Championships	Grantham	EM162349	4
100 Individual Medley	1:13.52	1:13.50	454	12/11/16	Grantham Club Championships	Grantham	EM162349	4