

Individual Best Times (All Time)

Sophie Alden - (231254) - City of Norwich SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.55	28.80	510	13/01/13	City of Derby 12th Long Course Open Meet	Sheffield	EM3034	1
100 Freestyle	1:02.41	1:01.10	568	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
200 Freestyle	2:10.39	2:07.70	648	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
400 Freestyle	4:30.62	4:25.40	658	04/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1
800 Freestyle	9:17.26	9:06.80	658	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1
1500 Freestyle	18:37.17	18:18.60	559	18/02/12	Norfolk County Championships	Norwich	CC2079	1
50 Breaststroke	57.33	56.80	131	23/03/08	City of Norwich Easter Mt	Norwich	ER8089	2
50 Butterfly	31.81	31.20	452	03/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	ER3634	1
100 Butterfly	1:09.19	1:08.10	515	29/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
200 Butterfly	2:29.22	2:27.10	543	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1
50 Backstroke	32.95	32.30	541	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
100 Backstroke	1:09.07	1:07.90	571	08/06/13	BGASA East Region Age Group Champs	Norwich	ERX313	1
200 Backstroke	2:22.34	2:20.00	647	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
200 Individual Medley	2:33.22	2:30.60	557	13/01/13	City of Derby 12th Long Course Open Meet	Sheffield	EM3034	1
400 Individual Medley	5:11.24	5:05.50	623	05/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.46	29.20	523	27/09/14	City of Norwich SC Club Championships	Norwich	ER14145	4
100 Freestyle	1:00.40	1:01.80	575	27/09/14	City of Norwich SC Club Championships	Norwich	ER14145	4
200 Freestyle	2:07.63	2:10.30	645	24/09/15	UEA City of Norwich Club Championships 2015	Norwich	ER150798	4
400 Freestyle	4:27.30	4:32.50	647	23/09/15	UEA City of Norwich Club Championships 2015	Norwich	ER150798	4
800 Freestyle	9:13.50	9:23.80	641	23/09/15	UEA City of Norwich Club Championships	Norwich	ER152179	4
1500 Freestyle	17:21.50	17:41.10	663	30/09/15	UEA City of Norwich Club Championships	Norwich	ER152180	4
50 Breaststroke	41.13	41.90	328	04/03/12	Norfolk County Championships	Thetford	CC2080	2
100 Breaststroke	1:27.56	1:29.00	361	27/09/12	UEA City of Norwich SC Club Championship	Norwich	ER2567	4
200 Breaststroke	3:02.66	3:05.50	399	10/03/13	Norfolk County Championships	Thetford	CC3076	2
50 Butterfly	30.87	31.50	492	27/09/14	City of Norwich SC Club Championships	Norwich	ER14145	4
100 Butterfly	1:08.37	1:09.50	494	25/09/15	UEA City of Norwich Club Championships 2015	Norwich	ER150798	4
200 Butterfly	2:25.73	2:27.90	552	25/09/15	UEA City of Norwich Club Championships 2015	Norwich	ER150798	4
50 Backstroke	34.69	35.30	385	05/03/11	Norfolk County Championships	Thetford	CC1100	2
100 Backstroke	1:05.97	1:07.20	576	26/09/14	City of Norwich SC Club Championships	Norwich	ER14145	4
200 Backstroke	2:19.86	2:22.20	615	01/03/14	Norfolk County Champs & AG Comp	Thetford	CC4108	2
200 Individual Medley	2:27.74	2:30.40	561	23/09/15	UEA City of Norwich Club Championships 2015	Norwich	ER150798	4
400 Individual Medley	5:05.55	5:11.20	608	24/09/15	UEA City of Norwich Club Championships 2015	Norwich	ER150798	4
100 Individual Medley	1:15.27	1:15.30	423	12/03/11	Norfolk County Championships	Thetford	CC1101	2