

Individual Best Times (All Time)

Sofia Aumonier - (927677) - Hart Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.21	31.60	393	20/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
100 Freestyle	1:08.64	1:07.40	427	19/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
200 Freestyle	2:29.49	2:27.10	430	20/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
400 Freestyle	5:18.52	5:14.10	403	19/01/19	Hampshire County ASA Championships 2019	Portsmouth	SE190342	1
800 Freestyle	10:29.93	10:20.70	455	18/01/19	Hampshire County ASA Championships 2019	Portsmouth	SE190342	1
50 Breaststroke	39.33	38.50	407	21/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
100 Breaststroke	1:25.82	1:24.30	417	20/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
200 Breaststroke	3:01.02	2:58.10	438	21/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
50 Butterfly	39.17	38.70	242	18/03/18	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE180085	1
100 Butterfly	1:53.32	1:52.60	117	26/11/16	Rushmoor Royals SC Last Chance County Qualifier	Aldershot	SE161449	3
50 Backstroke	39.14	38.60	323	17/03/18	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE180085	1
100 Backstroke	1:28.88	1:28.00	268	03/12/17	Rushmoor Royals Last Chance County Qualifier Meet	Aldershot	SE171586	3
200 Backstroke	3:03.69	3:01.90	301	02/12/17	Rushmoor Royals Last Chance County Qualifier Meet	Aldershot	SE171586	3
200 Individual Medley	2:55.39	2:53.10	371	25/02/18	Rushmoor Royals Regional Qualifier Open Meet	Aldershot	SE180239	3
400 Individual Medley	6:08.73	6:03.90	374	20/01/18	Hampshire County Championships 2018	Portsmouth	SE180160	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.41	31.10	428	27/06/19	Hart SC Club Championships 2019	Hart	SE192299	4
100 Freestyle	1:06.65	1:07.90	428	28/04/19	Hart SC Sprint Meet 2019	Hart Leisure Centre	SE191630	3
200 Freestyle	2:27.71	2:30.00	416	02/12/18	Tigersharks Last Chance L2 Open Meet	Swindon	SW180108	2
400 Freestyle	4:55.99	5:00.70	477	27/06/19	Hart SC Club Championships 2019	Hart	SE192299	4
800 Freestyle	10:23.34	10:32.60	449	15/11/18	Hart SC Distance Time Trial	Hart	SE182617	4
50 Breaststroke	37.08	37.90	447	01/02/20	Hampshire County Championships 2020	Waterlooville	SE200383	2
100 Breaststroke	1:21.05	1:22.60	455	02/02/20	Hampshire County Championships 2020	Waterlooville	SE200383	2
200 Breaststroke	3:01.91	3:04.80	404	09/03/19	Hart Sprint Level 3 Open Meet 2019	Hart LC	SE190319	3
50 Butterfly	34.62	35.20	349	08/03/20	Hart SC Spring Open Meet 2020	Hart	SE200561	3
100 Butterfly	1:18.83	1:19.80	322	14/12/19	NASL South Round 3	Hart LC	SE193321	3
50 Backstroke	37.46	38.00	306	27/10/18	Hart SC Autumn Level 3 Open Meet 2018	Hart	SE181205	3
100 Backstroke	1:20.30	1:21.30	319	30/06/18	Atlantis Summer Splash 2018	Horsham	SE180678	3
200 Backstroke	2:52.96	2:54.90	325	01/07/18	Atlantis Summer Splash 2018	Horsham	SE180678	3
200 Individual Medley	2:44.60	2:47.00	405	10/03/19	Hart Sprint Level 3 Open Meet 2019	Hart LC	SE190319	3
400 Individual Medley	5:54.39	5:59.30	390	04/07/19	Hart SC Club Championships 2019	Hart	SE192301	4
100 Individual Medley	1:16.19	1:16.20	408	30/06/19	Hart SC Club Championships 2019	Hart	SE192300	4