

Individual Best Times (All Time)

Sophie Attwood-Groves - (1149332) - Tiverton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	40.98	40.50	191	11/04/15	City of Wells Open Meet	Millfield	SW150093	3
200 Freestyle	3:15.18	3:13.40	193	12/04/15	City of Wells Open Meet	Millfield	SW150093	3
50 Butterfly	50.41	50.00	113	26/10/14	Frome Autumn Open Meet	Millfield	SW4288	3
200 Butterfly	4:33.01	4:31.80	88	25/10/14	Frome Autumn Open Meet	Millfield	SW4288	3
50 Backstroke	45.56	45.10	204	12/04/15	City of Wells Open Meet	Millfield	SW150093	3
200 Backstroke	3:35.20	3:33.60	187	11/04/15	City of Wells Open Meet	Millfield	SW150093	3
200 Individual Medley	3:48.16	3:46.40	168	11/04/15	City of Wells Open Meet	Millfield	SW150093	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.37	36.90	250	06/11/16	10th Tiverton Sparkler Open Meet	Tiverton	SW161008	3
100 Freestyle	1:20.16	1:21.20	246	18/03/17	Tigersharks Spring L2 Open Meet	Swindon	SW170038	2
200 Freestyle	2:56.98	2:58.90	242	06/11/16	10th Tiverton Sparkler Open Meet	Tiverton	SW161008	3
400 Freestyle	6:22.03	6:25.70	221	16/01/16	Devon County Championships & Age Groups 2016	Plymouth	SW160293	2
50 Breaststroke	52.52	53.10	157	20/12/15	Yeovil Christmas 2015 Open Meet	Millfield	SW151420	3
50 Butterfly	44.84	45.30	160	17/12/16	Yeovil Christmas Meet	Millfield	SW162206	3
200 Butterfly	4:16.89	4:18.10	100	02/11/14	Tiverton 8th Sparklers Open Meet	Tiverton	SW4559	3
50 Backstroke	41.33	41.80	228	18/12/16	Yeovil Christmas Meet	Millfield	SW162206	3
100 Backstroke	1:28.59	1:29.50	237	19/03/17	Tigersharks Spring L2 Open Meet	Swindon	SW170038	2
200 Backstroke	3:04.73	3:06.50	266	19/03/17	Tigersharks Spring L2 Open Meet	Swindon	SW170038	2
200 Individual Medley	3:26.96	3:28.90	204	20/12/15	Yeovil Christmas 2015 Open Meet	Millfield	SW151420	3
100 Individual Medley	1:33.54	1:33.50	220	06/11/16	10th Tiverton Sparkler Open Meet	Tiverton	SW161008	3