

Individual Best Times (All Time)

Sophie Appelbe - (1319322) - Northwich Centurions SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	42.50	43.00	157	07/03/20	Wirral Metro Spring Development Meet	Birkenhead	NW200162	3
100 Freestyle	1:34.60	1:35.50	149	07/03/20	Wirral Metro Spring Development Meet	Birkenhead	NW200162	3
200 Freestyle	3:31.79	3:33.40	141	22/06/19	Northwich Centurions Annual Club Championships	Northwich	NW192082	4
50 Breaststroke	55.54	56.10	133	07/03/20	Wirral Metro Spring Development Meet	Birkenhead	NW200162	3
100 Breaststroke	1:59.34	2:00.40	142	07/03/20	Wirral Metro Spring Development Meet	Birkenhead	NW200162	3
50 Butterfly	1:03.76	1:04.10	55	18/11/17	Northwich Centurions Annual Club Sprints 2017	Northwich	NW172407	4
50 Backstroke	52.92	53.30	108	29/06/19	Northwich Centurions Annual Club Championships	Northwich	NW192083	4
100 Backstroke	1:48.44	1:49.20	129	22/06/19	Northwich Centurions Annual Club Championships	Northwich	NW192082	4
200 Backstroke	3:49.07	3:50.50	139	29/06/19	Northwich Centurions Annual Club Championships	Northwich	NW192083	4
200 Individual Medley	3:58.48	4:00.10	133	22/06/19	Northwich Centurions Annual Club Championships	Northwich	NW192082	4
100 Individual Medley	1:56.91	1:56.90	112	29/06/19	Northwich Centurions Annual Club Championships	Northwich	NW192083	4