

# Individual Best Times (All Time)

Sophia Aliu - (1353315) - Birkenhead SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	42.41	42.90	158	05/10/19	Birkenhead Swimming Club Championships 2019	Europa Pools	NW192530	4
100 Freestyle	1:39.00	1:39.80	130	15/09/19	Birkenhead Swimming Club Championships 2019	Leasowe	NW192528	4
200 Freestyle	3:35.00	3:36.60	135	13/09/19	Birkenhead Swimming Club Championships 2019	Leasowe	NW192527	4
50 Breaststroke	1:02.09	1:02.60	95	04/10/19	Birkenhead Swimming Club Championships 2019	Leasowe	NW192529	4
100 Breaststroke	2:07.21	2:08.20	117	05/10/19	Birkenhead Swimming Club Championships 2019	Europa Pools	NW192530	4
50 Butterfly	57.48	57.80	76	07/07/19	Hoylake Club Competition	West Kirby	NW191999	4
50 Backstroke	52.47	52.90	111	13/09/19	Birkenhead Swimming Club Championships 2019	Leasowe	NW192527	4
100 Backstroke	2:04.02	2:04.70	86	04/10/19	Birkenhead Swimming Club Championships 2019	Leasowe	NW192529	4