

Individual Best Times (All Time)

Sophie Argent - (1397803) - Watford SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
100 Freestyle	1:23.08	1:24.10	221	19/05/18	HHSC Spring Development Meet	SportSpace	ER180666	3
200 Freestyle	3:33.43	3:35.10	138	18/10/17	Watford Club Championships 2017	Woodside LC	ER172216	4
50 Breaststroke	50.97	51.60	172	10/03/18	CoStA Spring Open Meet 2018	St Albans	ER180450	3
50 Butterfly	45.80	46.20	150	20/05/18	HHSC Spring Development Meet	SportSpace	ER180666	3
50 Backstroke	45.74	46.20	168	10/03/18	CoStA Spring Open Meet 2018	St Albans	ER180450	3
200 Backstroke	3:57.84	3:59.20	125	18/10/17	Watford Club Championships 2017	Woodside LC	ER172216	4
200 Individual Medley	3:21.42	3:23.40	221	10/03/18	CoStA Spring Open Meet 2018	St Albans	ER180450	3