

Individual Best Times (All Time)

Sophie Alcock - (811492) - Sevenoaks SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.33	32.70	355	09/04/11	Bexley Long Course Open Meet	Crystal Palace	LR1012	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.30	30.00	479	30/11/13	Sevenoaks SC Club Championships 2013	Sevenoaks	SE3807	4
100 Freestyle	1:04.11	1:05.40	481	30/11/13	Sevenoaks SC Club Championships 2013	Sevenoaks	SE3807	4
200 Freestyle	2:34.53	2:36.80	363	05/11/12	Sevenoaks SC Club Championships	Sevenoaks	SE2840	4
800 Freestyle	10:57.80	11:06.50	382	09/12/12	Sevenoaks Club Championships	Sevenoaks	SE2841	4
50 Butterfly	36.03	36.60	309	05/11/12	Sevenoaks 50s Festival 2012	Sevenoaks	SE2860	4
100 Butterfly	1:20.96	1:21.90	297	24/11/12	Sevenoaks Club Championships	Sevenoaks	SE2841	4
50 Backstroke	33.75	34.30	418	23/02/14	BG Kent ASA Swimming Championships	Gillingham	CC4061	2
100 Backstroke	1:12.44	1:13.50	435	30/11/13	Sevenoaks SC Club Championships 2013	Sevenoaks	SE3807	4
200 Backstroke	2:43.18	2:45.20	387	18/11/13	Sevenoaks SC Club Championships 2013	Sevenoaks	SE3807	4
100 Individual Medley	1:16.19	1:16.20	408	28/11/13	Sevenoaks SC Club Championships 2013	Sevenoaks	SE3807	4