

Individual Best Times (All Time)

Sophie Allstaff - (90031933) - Aberdeen ASC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	40.67	41.20	179	03/06/23	Aberdeen Development Series	Aberdeen	SCO2038	2
100 Freestyle	1:32.75	1:33.70	159	13/11/22	Cults Otters Club Championships 2022	Cults	SCO1947	2
50 Breaststroke	1:01.28	1:01.80	99	17/09/22	Ythan ASC Junior Sprint and Relay	Ellon	SCO1915	2
100 Breaststroke	2:15.31	2:16.20	97	13/11/22	Cults Otters Club Championships 2022	Cults	SCO1947	2
50 Backstroke	52.24	52.60	112	14/01/23	Aberdeen Development Series Round 1 2023	Aberdeen	SCO1968	2
100 Backstroke	1:53.84	1:54.50	112	13/11/22	Cults Otters Club Championships 2022	Cults	SCO1947	2
200 Individual Medley	3:58.74	4:00.40	132	03/06/23	Aberdeen Development Series	Aberdeen	SCO2038	2