

Individual Best Times (All Time)

Sophie Jenkinson - (1103148) - Rochford & District SC - 200 Backstroke - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:38.89	465	H	17/02/19	Essex Age Group Champs 2019	Basildon	Basildon Ph	1
2:40.69	450	H	25/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	Basildon Ph	1
2:40.71	449	H	20/04/19	BPSC Easter Meet 2019	Basildon	Basildon Ph	1
2:40.73	449	H	26/05/18	East Swimming Long Course Championships 2018	Luton	Basildon Ph	1
2:44.89	416	H	18/02/18	Essex Age Group Championships 2018	Basildon	Basildon Ph	1
2:45.87	409	H	28/10/17	Essex Senior Winter Championships 2017	Basildon	Basildon Ph	1
2:49.58	382	H	19/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
2:51.42	370	H	15/04/17	BPSC Easter Meet 2017	Basildon	Basildon Ph	1
3:00.39	318	H	23/07/16	BPSC End of Season Meet 2016	Basildon	Basildon Ph	3
3:00.74	316	H	21/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
3:02.26	308	H	26/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	Basildon Ph	1
3:25.54	215	H	04/04/15	Basildon & Phoenix LC Easter Meet	Basildon		1
3:43.32	167	H	19/07/14	Basildon & Phoenix End of Season Meet	Basildon		3

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