

Individual Best Times (All Time)

Sophia Motley - (1581797) - Bristol Penguin Olympic SC - 400 Individual Medley - 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
5:45.14	457	F	27/04/24	SE SWR Summer Championships 2024	Millfield		1
5:47.90	446	F	14/04/24	Cardiff International Open Meet 2024	Cardiff		1
5:47.97	446	F	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol		1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:45.14	457	F	27/04/24	SE SWR Summer Championships 2024	Millfield		1
5:47.90	446	F	14/04/24	Cardiff International Open Meet 2024	Cardiff		1
5:47.97	446	F	14/01/24	Gloucester County ASA Swimming Championships 2024	Bristol		1