

Individual Best Times (All Time)

Sophia Motley - (1581797) - Bristol Penguin Olympic SC - 200 Freestyle - 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 |
|---------|--------|-------|----------|--|---------------|-----------------|-------|
| 2:20.13 | 522 | H | 13/04/24 | Cardiff International Open Meet 2024 | Cardiff | | 1 |
| 2:20.75 | 515 | F | 12/05/24 | Team Bath AS & Millfield L1 Last Chance Meet 2024 | Millfield | | 1 |
| 2:20.80 | 514 | H | 27/04/24 | SE SWR Summer Championships 2024 | Millfield | | 1 |
| 2:21.36 | 508 | F | 17/01/24 | Gloucester County ASA Swimming Championships 2024 | Bristol | | 1 |
| 2:22.26 | 499 | F | 27/04/24 | SE SWR Summer Championships 2024 | Millfield | | 1 |
| 2:22.91 | 492 | F | 09/03/24 | City of Swansea Aquatics Spring LC Open Meet 2024 | Swansea | | 1 |
| 2:25.08 | 470 | F | 13/05/23 | SE South West Summer Regional Championships 2023 | Hengrove | | 1 |
| 2:25.81 | 463 | H | 13/05/23 | SE South West Summer Regional Championships 2023 | Hengrove | | 1 |
| 2:27.03 | 452 | F | 02/04/23 | City Of Bristol L1 International Open Meet 2023 | Hengrove Park | | 1 |
| 2:30.74 | 419 | F | 18/01/23 | Gloucestershire County Swimming Championships 2023 | Bristol | | 1 |
| 2:31.68 | 411 | F | 13/04/24 | Cardiff International Open Meet 2024 | Cardiff | | 1 |

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