

Individual Best Times (All Time)

Sophie Quach - (228759) - Shiverers SC - 50 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
32.08	586	F	26/02/17	Sussex County Championships & Age Group Comp	Crawley	Shiverers	1
32.29	575	F	15/03/15	Sussex County Championships	Crawley	Shiverers	1
32.34	572	F	20/03/16	Atlantis Regional-National Chaser Meet	Crawley	Shiverers	1
32.44	567	F	15/03/15	Sussex County Championships	Crawley	Shiverers	1
32.44	567	F	26/02/17	Sussex County Championships & Age Group Comp	Crawley	Shiverers	1
32.54	562	F	11/03/17	Wycombe Long Course Premier Open Meet	Wycombe	Shiverers	1
32.54	562	F	10/03/18	WDSC Long Course Premier Open Meet	Wycombe	Hatfield	1
32.56	561	H	29/04/17	ASA South East Region Championships 2017	Wycombe	Shiverers	1
32.60	559	H	31/03/18	Beckenham SC 125th Anniversary International Open	London	Shiverers	1
32.78	550	F	18/04/15	Crawley Spring LC Open Meet 2015	Crawley	Shiverers	1
32.78	550	H	30/04/16	ASA South East Region Swimming Championships	Portsmouth	Shiverers	1
32.78	550	H	26/05/18	London Swimming 2018 Long Course Summer Open	London	Shiverers	1
32.99	539	F	16/11/13	Crawley Not So Early Bird Meet	Crawley	Shiverers	1
33.08	535	H	31/05/15	ASASER Swimming Championships	Crawley	Shiverers	1
33.10	534	F	19/03/17	Atlantis Regional-National Chaser Open Meet	Crawley	Shiverers	1
33.24	527	F	31/03/13	Portsmouth Northsea Easter Festival 2013	Portsmouth	Shiverers	1
33.33	523	H	06/05/18	East Swimming Long Course Championships 2018	Norwich	Hatfield	1
33.36	521	F	15/11/14	Crawley Not so Early Bird Gala	Crawley	Shiverers	3
33.37	521	F	26/09/21	Crawley SC Lis Hartley L3 Crawley LC Open Meet 21	Crawley		3
33.43	518	H	20/04/19	Beckenham Easter International Open 2019	London	Shiverers	1
33.48	516	F	28/05/17	PNSC May Madness Meet	Portsmouth	Shiverers	1
33.56	512	H	18/01/14	Rushmoor Royals January L1 Open Meet	Crawley	Shiverers	1
34.05	490		27/01/13	ASA Southern Region Zonal Competition	Crawley	Shiverers	1
37.60	364	F	09/07/11	Portsmouth Northsea Non Qualifier Meet	Portsmouth	Shiverers	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
33.37	521	F	26/09/21	Crawley SC Lis Hartley L3 Crawley LC Open Meet 21	Crawley		3
33.43	518	H	20/04/19	Beckenham Easter International Open 2019	London	Shiverers	1
32.78	550	H	26/05/18	London Swimming 2018 Long Course Summer Open	London	Shiverers	1
33.33	523	H	06/05/18	East Swimming Long Course Championships 2018	Norwich	Hatfield	1
32.60	559	H	31/03/18	Beckenham SC 125th Anniversary International Open	London	Shiverers	1
32.54	562	F	10/03/18	WDSC Long Course Premier Open Meet	Wycombe	Hatfield	1
33.48	516	F	28/05/17	PNSC May Madness Meet	Portsmouth	Shiverers	1
32.56	561	H	29/04/17	ASA South East Region Championships 2017	Wycombe	Shiverers	1
33.10	534	F	19/03/17	Atlantis Regional-National Chaser Open Meet	Crawley	Shiverers	1
32.54	562	F	11/03/17	Wycombe Long Course Premier Open Meet	Wycombe	Shiverers	1
32.08	586	F	26/02/17	Sussex County Championships & Age Group Comp	Crawley	Shiverers	1
32.44	567	F	26/02/17	Sussex County Championships & Age Group Comp	Crawley	Shiverers	1
32.78	550	H	30/04/16	ASA South East Region Swimming Championships	Portsmouth	Shiverers	1
32.34	572	F	20/03/16	Atlantis Regional-National Chaser Meet	Crawley	Shiverers	1
33.08	535	H	31/05/15	ASASER Swimming Championships	Crawley	Shiverers	1
32.78	550	F	18/04/15	Crawley Spring LC Open Meet 2015	Crawley	Shiverers	1
32.44	567	F	15/03/15	Sussex County Championships	Crawley	Shiverers	1
32.29	575	F	15/03/15	Sussex County Championships	Crawley	Shiverers	1
33.36	521	F	15/11/14	Crawley Not so Early Bird Gala	Crawley	Shiverers	3
33.56	512	H	18/01/14	Rushmoor Royals January L1 Open Meet	Crawley	Shiverers	1
32.99	539	F	16/11/13	Crawley Not So Early Bird Meet	Crawley	Shiverers	1
33.24	527	F	31/03/13	Portsmouth Northsea Easter Festival 2013	Portsmouth	Shiverers	1
34.05	490		27/01/13	ASA Southern Region Zonal Competition	Crawley	Shiverers	1
37.60	364	F	09/07/11	Portsmouth Northsea Non Qualifier Meet	Portsmouth	Shiverers	3