

# Individual Best Times (All Time)

Sophia Amoroso - (478624) - London Borough of Redbridge 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 |
|---------|--------|-------|----------|--------------------------------------|----------------|-----------------|-------|
| 2:23.85 | 482    | H     | 14/04/12 | Bexley SC Open Long Course Meet      | London         | BorRedbridge    | 1     |
| 2:25.06 | 470    | H     | 17/12/11 | Killerwhales Winter Open             | Basildon       | BorRedbridge    | 1     |
| 2:25.25 | 468    | H     | 13/04/13 | Bexley SC Long Course Open Meet      | London         | BorRedbridge    | 1     |
| 2:25.34 | 468    | H     | 06/05/12 | London Swimming Youth Championships  | Crystal Palace | BorRedbridge    | 1     |
| 2:27.55 | 447    | H     | 09/04/11 | Bexley Long Course Open Meet         | Crystal Palace | BorRedbridge    | 1     |
| 2:30.33 | 423    | H     | 01/05/11 | BG London Region Youth Championships | London         | BorRedbridge    | 1     |
| 2:32.99 | 401    | H     | 10/04/10 | Bexley Long Course Meet              | London         | BorRedbridge    | 1     |
| 2:39.39 | 354    |       | 04/04/09 | Bracknell & Wokingham 2009           | Aldershot      | BorRedbridge    | 2     |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet                                 | Venue          | Club Swam Under | Level |
|---------|--------|-------|----------|--------------------------------------|----------------|-----------------|-------|
| 2:25.25 | 468    | H     | 13/04/13 | Bexley SC Long Course Open Meet      | London         | BorRedbridge    | 1     |
| 2:25.34 | 468    | H     | 06/05/12 | London Swimming Youth Championships  | Crystal Palace | BorRedbridge    | 1     |
| 2:23.85 | 482    | H     | 14/04/12 | Bexley SC Open Long Course Meet      | London         | BorRedbridge    | 1     |
| 2:25.06 | 470    | H     | 17/12/11 | Killerwhales Winter Open             | Basildon       | BorRedbridge    | 1     |
| 2:30.33 | 423    | H     | 01/05/11 | BG London Region Youth Championships | London         | BorRedbridge    | 1     |
| 2:27.55 | 447    | H     | 09/04/11 | Bexley Long Course Open Meet         | Crystal Palace | BorRedbridge    | 1     |
| 2:32.99 | 401    | H     | 10/04/10 | Bexley Long Course Meet              | London         | BorRedbridge    | 1     |
| 2:39.39 | 354    |       | 04/04/09 | Bracknell & Wokingham 2009           | Aldershot      | BorRedbridge    | 2     |