

Individual Best Times (All Time)

Sophia Ground - (828309) - Brompton SC - 50 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 |
|-------|--------|-------|----------|---|---------------------|-----------------|-------|
| 27.58 | 627 | F | 09/02/20 | The 2020 Middlesex County Championships | London | Brompton | 1 |
| 27.70 | 619 | H | 09/02/20 | The 2020 Middlesex County Championships | London | Brompton | 1 |
| 27.91 | 605 | F | 03/08/17 | Swim England National Summer Meet (50m) | Sheffield | Brompton | 1 |
| 27.99 | 600 | H | 03/08/17 | Swim England National Summer Meet (50m) | Sheffield | Brompton | 1 |
| 27.99 | 600 | C | 05/05/19 | London 2019 Long Course Summer Championships | London Aquatics Cnt | Brompton | 1 |
| 28.05 | 596 | F | 11/03/17 | Wycombe Long Course Premier Open Meet | Wycombe | Brompton | 1 |
| 28.11 | 592 | F | 15/03/20 | 2020 London Region Spring Open Meet | London | Brompton | 1 |
| 28.12 | 591 | F | 06/05/18 | 2018 London Swimming Regional Summer Champs | Stratford | Brompton | 1 |
| 28.16 | 589 | H | 27/05/18 | London Swimming 2018 Long Course Summer Open | London | Brompton | 1 |
| 28.16 | 589 | H | 30/03/19 | Team Luton March Open Meet | Luton | Brompton | 1 |
| 28.27 | 582 | H | 01/04/18 | Beckenham SC 125th Anniversary International Open | London | Brompton | 1 |
| 28.30 | 580 | H | 06/05/18 | 2018 London Swimming Regional Summer Champs | Stratford | Brompton | 1 |
| 28.34 | 578 | H | 07/10/17 | Lincoln Vulcans Long Course Open Meet | Sheffield | Brompton | 1 |
| 28.47 | 570 | H | 28/01/18 | MCASA 2018 County Age Group & Youth Championships | London | Brompton | 1 |
| 28.48 | 569 | F | 23/06/19 | 2019 Long Course Summer Open | London | Brompton | 1 |
| 28.49 | 569 | F | 30/04/17 | 2017 London Swimming Regional Youth Championships | Stratford | Brompton | 1 |
| 28.50 | 568 | H | 05/05/19 | London 2019 Long Course Summer Championships | London Aquatics Cnt | Brompton | 1 |
| 28.51 | 567 | F | 28/01/18 | MCASA 2018 County Age Group & Youth Championships | London | Brompton | 1 |
| 28.68 | 557 | F | 16/02/19 | Team Bath Grand Prix Level 1 Meet | Hengrove LC | Brompton | 1 |
| 28.77 | 552 | F | 28/05/17 | 2017 London Swimming May Open Meet | London | Brompton | 1 |
| 28.83 | 549 | F | 19/03/17 | Atlantis Regional-National Chaser Open Meet | Crawley | Brompton | 1 |
| 28.83 | 549 | F | 18/02/18 | Team Bath Grand Prix | Bristol | Brompton | 1 |
| 28.84 | 548 | F | 26/05/19 | 2019 London Swimming National Qualifier | London | Brompton | 1 |
| 28.90 | 545 | H | 27/01/19 | 2019 Middlesex County Championships | London | Brompton | 1 |
| 29.08 | 535 | F | 15/05/16 | MCASA Long Course Open Meet | Guildford | Brompton | 1 |
| 29.10 | 534 | F | 20/03/16 | Atlantis Regional-National Chaser Meet | Crawley | Brompton | 1 |
| 29.14 | 532 | H | 20/04/17 | 2017 London Swimming Regional Youth Championships | Stratford | Brompton | 1 |

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|-------|-----|---|----------|---|-----------|----------|---|
| 29.11 | 533 | H | 30/04/17 | 2017 London Swimming Regional Youth Championships | Stratford | Brompton | 1 |
| 29.13 | 532 | H | 15/01/17 | 16th City of Derby Long Course Open Meet | Sheffield | Brompton | 1 |
| 29.23 | 526 | H | 09/04/16 | London Region Summer Championships | London | Brompton | 1 |
| 29.34 | 521 | F | 09/04/17 | Crawley Spring LC Level 1 Meet | Crawley | Brompton | 1 |
| 29.38 | 518 | F | 02/04/16 | Guildford City Springboard Level 1 Open Meet | Guildford | Brompton | 1 |
| 29.45 | 515 | H | 16/04/17 | BPSC Easter Meet 2017 | Basildon | Brompton | 1 |
| 29.56 | 509 | F | 16/10/16 | LAC Legacy Level 3 Open Meet 2016 | London | Brompton | 3 |
| 35.30 | 299 | H | 03/02/13 | Bishops Stortford SC 1st Long Course Open | Basildon | Brompton | 3 |
| 40.58 | 196 | H | 31/03/12 | Bracknell & Wokingham Level 3 Meet | Aldershot | Brompton | 3 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|-------|--------|-------|----------|---|---------------------|-----------------|-------|
| 28.11 | 592 | F | 15/03/20 | 2020 London Region Spring Open Meet | London | Brompton | 1 |
| 27.58 | 627 | F | 09/02/20 | The 2020 Middlesex County Championships | London | Brompton | 1 |
| 27.70 | 619 | H | 09/02/20 | The 2020 Middlesex County Championships | London | Brompton | 1 |
| 28.48 | 569 | F | 23/06/19 | 2019 Long Course Summer Open | London | Brompton | 1 |
| 28.84 | 548 | F | 26/05/19 | 2019 London Swimming National Qualifier | London | Brompton | 1 |
| 27.99 | 600 | C | 05/05/19 | London 2019 Long Course Summer Championships | London Aquatics Cnt | Brompton | 1 |
| 28.50 | 568 | H | 05/05/19 | London 2019 Long Course Summer Championships | London Aquatics Cnt | Brompton | 1 |
| 28.16 | 589 | H | 30/03/19 | Team Luton March Open Meet | Luton | Brompton | 1 |
| 28.68 | 557 | F | 16/02/19 | Team Bath Grand Prix Level 1 Meet | Hengrove LC | Brompton | 1 |
| 28.90 | 545 | H | 27/01/19 | 2019 Middlesex County Championships | London | Brompton | 1 |
| 28.16 | 589 | H | 27/05/18 | London Swimming 2018 Long Course Summer Open | London | Brompton | 1 |
| 28.12 | 591 | F | 06/05/18 | 2018 London Swimming Regional Summer Champs | Stratford | Brompton | 1 |
| 28.30 | 580 | H | 06/05/18 | 2018 London Swimming Regional Summer Champs | Stratford | Brompton | 1 |
| 28.27 | 582 | H | 01/04/18 | Beckenham SC 125th Anniversary International Open | London | Brompton | 1 |
| 28.83 | 549 | F | 18/02/18 | Team Bath Grand Prix | Bristol | Brompton | 1 |
| 28.51 | 567 | F | 28/01/18 | MCASA 2018 County Age Group & Youth Championships | London | Brompton | 1 |
| 28.47 | 570 | H | 28/01/18 | MCASA 2018 County Age Group & Youth Championships | London | Brompton | 1 |
| 28.34 | 578 | H | 07/10/17 | Lincoln Vulcans Long Course Open Meet | Sheffield | Brompton | 1 |
| 27.91 | 605 | F | 03/08/17 | Swim England National Summer Meet (50m) | Sheffield | Brompton | 1 |
| 27.99 | 600 | H | 03/08/17 | Swim England National Summer Meet (50m) | Sheffield | Brompton | 1 |
| 28.77 | 552 | F | 28/05/17 | 2017 London Swimming May Open Meet | London | Brompton | 1 |
| 28.49 | 569 | F | 30/04/17 | 2017 London Swimming Regional Youth Championships | Stratford | Brompton | 1 |
| 29.11 | 533 | H | 30/04/17 | 2017 London Swimming Regional Youth Championships | Stratford | Brompton | 1 |
| 29.45 | 515 | H | 16/04/17 | BPSC Easter Meet 2017 | Basildon | Brompton | 1 |
| 29.34 | 521 | F | 09/04/17 | Crawley Spring LC Level 1 Meet | Crawley | Brompton | 1 |
| 28.83 | 549 | F | 19/03/17 | Atlantis Regional-National Chaser Open Meet | Crawley | Brompton | 1 |
| 28.05 | 596 | F | 11/03/17 | Wycombe Long Course Premier Open Meet | Wycombe | Brompton | 1 |
| 29.13 | 532 | H | 15/01/17 | 16th City of Derby Long Course Open Meet | Sheffield | Brompton | 1 |
| 29.56 | 509 | F | 16/10/16 | LAC Legacy Level 3 Open Meet 2016 | London | Brompton | 3 |
| 29.08 | 535 | F | 15/05/16 | MCASA Long Course Open Meet | Guildford | Brompton | 1 |
| 29.23 | 526 | H | 09/04/16 | London Region Summer Championships | London | Brompton | 1 |
| 29.38 | 518 | F | 02/04/16 | Guildford City Springboard Level 1 Open Meet | Guildford | Brompton | 1 |
| 29.10 | 534 | F | 20/03/16 | Atlantis Regional-National Chaser Meet | Crawley | Brompton | 1 |
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| 40.58 | 196 | H | 31/03/12 | Bracknell & Wokingham Level 3 Meet | Aldershot | Brompton | 3 |