

Individual Best Times (All Time)

Sophia Ground - (828309) - Brompton 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 |
|-------|--------|-------|----------|---|---------------------|-----------------|-------|
| 32.03 | 589 | F | 16/02/20 | The 2020 Middlesex County Championships | London | Brompton | 1 |
| 32.50 | 564 | H | 16/02/20 | The 2020 Middlesex County Championships | London | Brompton | 1 |
| 33.05 | 536 | F | 14/03/20 | 2020 London Region Spring Open Meet | London | Brompton | 1 |
| 33.16 | 531 | H | 05/05/19 | London 2019 Long Course Summer Championships | London Aquatics Cnt | Brompton | 1 |
| 33.36 | 521 | H | 30/03/19 | Team Luton March Open Meet | Luton | Brompton | 1 |
| 33.53 | 514 | F | 16/02/19 | Team Bath Grand Prix Level 1 Meet | Hengrove LC | Brompton | 1 |
| 33.75 | 504 | H | 31/03/18 | Beckenham SC 125th Anniversary International Open | London | Brompton | 1 |
| 34.46 | 473 | H | 14/01/17 | 16th City of Derby Long Course Open Meet | Sheffield | Brompton | 1 |
| 34.53 | 470 | H | 26/01/19 | 2019 Middlesex County Championships | London | Brompton | 1 |
| 35.35 | 438 | F | 18/02/18 | Team Bath Grand Prix | Bristol | Brompton | 1 |
| 35.52 | 432 | F | 20/03/16 | Atlantis Regional-National Chaser Meet | Crawley | Brompton | 1 |
| 36.68 | 392 | F | 19/03/17 | Atlantis Regional-National Chaser Open Meet | Crawley | Brompton | 1 |
| 36.74 | 390 | F | 16/10/16 | LAC Legacy Level 3 Open Meet 2016 | London | Brompton | 3 |
| 43.20 | 240 | H | 13/04/13 | The Bracknell Spring Level 3 Open Meet | Aldershot | Brompton | 3 |
| 44.13 | 225 | H | 03/02/13 | Bishops Stortford SC 1st Long Course Open | Basildon | Brompton | 3 |
| 45.17 | 210 | F | 20/10/12 | Wycombe District SC Annual BC Meet | Wycombe | Brompton | 3 |
| 46.30 | 195 | 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 |
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| 33.05 | 536 | F | 14/03/20 | 2020 London Region Spring Open Meet | London | Brompton | 1 |
| 32.03 | 589 | F | 16/02/20 | The 2020 Middlesex County Championships | London | Brompton | 1 |
| 32.50 | 564 | H | 16/02/20 | The 2020 Middlesex County Championships | London | Brompton | 1 |
| 33.16 | 531 | H | 05/05/19 | London 2019 Long Course Summer Championships | London Aquatics Cnt | Brompton | 1 |
| 33.36 | 521 | H | 30/03/19 | Team Luton March Open Meet | Luton | Brompton | 1 |
| 33.53 | 514 | F | 16/02/19 | Team Bath Grand Prix Level 1 Meet | Hengrove LC | Brompton | 1 |

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| 45.17 | 210 | F | 20/10/12 | Wycombe District SC Annual BC Meet | Wycombe | Brompton | 3 |
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