

# Individual Best Times (All Time)

Sophia Ground - (828309) - Brompton SC - 100 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
1:00.48	625	H	06/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Brompton	1
1:01.32	599	F	06/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Brompton	1
1:01.45	595		28/07/19	British Summer Championships	Glasgow	Brompton	1
1:02.14	576	F	14/03/20	2020 London Region Spring Open Meet	London	Brompton	1
1:02.37	569	H	30/03/19	Team Luton March Open Meet	Luton	Brompton	1
1:02.37	569	H	15/02/20	The 2020 Middlesex County Championships	London	Brompton	1
1:02.48	566	H	14/01/17	16th City of Derby Long Course Open Meet	Sheffield	Brompton	1
1:02.56	564	H	07/05/18	2018 London Swimming Regional Summer Champs	Stratford	Brompton	1
1:02.70	560	F	19/03/17	Atlantis Regional-National Chaser Open Meet	Crawley	Brompton	1
1:03.34	544	F	18/02/18	Team Bath Grand Prix	Bristol	Brompton	1
1:03.45	541	H	07/10/17	Lincoln Vulcans Long Course Open Meet	Sheffield	Brompton	1
1:03.45	541	H	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	Brompton	1
1:03.61	537	H	01/04/18	Beckenham SC 125th Anniversary International Open	London	Brompton	1
1:03.70	534	F	08/04/17	Crawley Spring LC Level 1 Meet	Crawley	Brompton	1
1:03.77	533	H	26/05/18	London Swimming 2018 Long Course Summer Open	London	Brompton	1
1:03.93	529	H	01/05/17	2017 London Swimming Regional Youth Championships	Stratford	Brompton	1
1:03.93	529	F	25/05/19	2019 London Swimming National Qualifier	London	Brompton	1
1:04.38	518	F	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	Brompton	1
1:04.62	512	F	03/04/16	Guildford City Springboard Level 1 Open Meet	Guildford	Brompton	1
1:04.65	511	H	15/04/17	BPSC Easter Meet 2017	Basildon	Brompton	1
1:04.86	506	H	27/01/19	2019 Middlesex County Championships	London	Brompton	1
1:04.95	504	H	10/04/16	London Region Summer Championships	London	Brompton	1
1:05.40	494	F	20/03/16	Atlantis Regional-National Chaser Meet	Crawley	Brompton	1
1:05.40	494	F	14/05/16	MCASA Long Course Open Meet	Guildford	Brompton	1
1:08.51	429	F	16/10/16	LAC Legacy Level 3 Open Meet 2016	London	Brompton	3
1:09.53	411	F	10/05/14	Wycombe 8th Annual LC Sprint Meet	Wycombe	Bromsgrove	3
1:10.05	392	H	12/04/19	The Brookmill Spring Level 3 Open Meet	Aldershot	Brompton	3

1:10.03	202	F	13/04/13	The Bracknell Spring Level 3 Open Meet	Aldershot	Brompton	3
1:23.77	235	F	20/10/12	Wycombe District SC Annual BC Meet	Wycombe	Brompton	3
1:24.79	226	H	03/02/13	Bishops Stortford SC 1st Long Course Open	Basildon	Brompton	3
1:32.04	177	H	31/03/12	Bracknell & Wokingham Level 3 Meet	Aldershot	Brompton	3

## Swims in Date Order

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1:02.14	576	F	14/03/20	2020 London Region Spring Open Meet	London	Brompton	1
1:02.37	569	H	15/02/20	The 2020 Middlesex County Championships	London	Brompton	1
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1:03.77	533	H	26/05/18	London Swimming 2018 Long Course Summer Open	London	Brompton	1
1:02.56	564	H	07/05/18	2018 London Swimming Regional Summer Champs	Stratford	Brompton	1
1:03.61	537	H	01/04/18	Beckenham SC 125th Anniversary International Open	London	Brompton	1
1:03.34	544	F	18/02/18	Team Bath Grand Prix	Bristol	Brompton	1
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1:18.85	282	H	13/04/13	The Bracknell Spring Level 3 Open Meet	Aldershot	Brompton	3
1:24.79	226	H	03/02/13	Bishops Stortford SC 1st Long Course Open	Basildon	Brompton	3
1:23.77	235	F	20/10/12	Wycombe District SC Annual BC Meet	Wycombe	Brompton	3
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