Individual Best Times (All Time)

Sophie Granite - (928035) - Carn Brea and Helston SC - 200 Backstroke - Long Course

Swims in Time Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|-----------------------------------|----------|-----------------|-------|
| 3:06.49 | 287 | F | 05/04/14 | City of Bristol Level 1 Open Meet | Hengrove | Carn Brea | 1 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|-----------------------------------|----------|-----------------|-------|
| 3:06.49 | 287 | F | 05/04/14 | City of Bristol Level 1 Open Meet | Hengrove | Carn Brea | 1 |

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