

# Individual Best Times (All Time)

Sophie Jenkinson - (1103148) - Rochford & District SC - 100 Backstroke - Short 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
1:11.43	453	H	15/12/19	Dave Warriner Sprint Event 2019	Basildon	Basildon Ph	3
1:11.68	449	H	15/03/20	BPSC Spring Regional Qualifier 2020	Basildon	Basildon Ph	3
1:12.21	439	H	17/03/19	BPSC Regional County Qualifier 2019	Basildon	Basildon Ph	3
1:12.99	425	H	11/03/18	BPSC Spring Regional Qualifier 2018	Basildon	Basildon Ph	3
1:13.07	423	H	21/10/18	Essex Senior Winter Champs 2018	Basildon	Basildon Ph	2
1:13.56	415	H	25/02/23	Essex Age Group County Championships 2023	Basildon	Basildon Ph	2
1:13.73	412	H	11/03/23	Basildon & Phoenix Spring Regional Qualifier 2023	Basildon	Basildon Ph	3
1:14.50	399	H	17/12/17	BPSC Last Chance County Qualifier	Basildon	Basildon Ph	3
1:14.57	398	H	15/04/18	Thurrock Essex & Regional Qualifier 2018	Thurrock	Basildon Ph	3
1:14.59	398	H	21/06/19	BPSC Club Championships 2019	Basildon	Basildon Ph	4
1:14.85	394	H	15/10/22	Essex Winter Championships 2022	Basildon	Basildon Ph	2
1:15.40	385	H	24/11/17	BPSC Winter Club Champs 2017	Basildon	Basildon Ph	4
1:15.40	385	H	29/06/18	BPSC Club Champs 2018	Basildon	Basildon Ph	4
1:15.42	385	H	29/05/21	Basildon & Phoenix	Basildon SV	Basildon Ph	0
1:15.78	380	H	03/12/22	Basildon & Phoenix SC Last Chance County Qualifier	Basildon	Basildon Ph	3
1:16.07	375	H	17/09/22	BPSC Autumn Season Opener 2022	Basildon	Basildon Ph	3
1:16.21	373	H	01/10/17	BPSC Season Opener 2017	Basildon	Basildon Ph	3
1:16.84	364	H	26/06/21	BPSC Club Championships 2021	Basildon	Basildon Ph	4
1:17.41	356	H	17/10/21	Swim England Essex Winter Championships 2021	Basildon	Basildon Ph	2
1:17.54	354	H	07/11/21	SE East Region Short Course Championships	Luton	Basildon Ph	2
1:19.64	327	H	25/09/21	Basildon and Phoenix Dave Warriner Sprint Meet	Basildon	Basildon Ph	3
1:19.65	327	H	18/12/16	BPSC Last Chance County Qualifier 2016	Basildon	Basildon Ph	3
1:23.12	287	H	22/10/16	Basildon & Phoenix Sprint Event 2016	Basildon	Basildon Ph	3
1:23.27	286	H	25/11/16	Basildon & Phoenix Club Championships	Basildon	Basildon Ph	4
1:30.67	221	F	01/11/15	Enfield Swim Squad County Qualifier	Enfield	Basildon Ph	3
1:30.94	219	H	27/11/15	Basildon & Phoenix Club Championships 2015	Basildon		4
1:33.56	201	H	27/09/15	Basildon & Phoenix Season Opener Meet	Basildon		3

1:33.59	201	H	27/09/15	Basildon & Phoenix Season Opener Meet	Basildon		
1:43.28	150	H	12/06/14	Rochford & District SC Club Championships 2014	Rochford	Rochford	4

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