

# Individual Best Times (All Time)

Evie-Rose Sugden - (1300102) - Carlisle Aquatics - 200 Breaststroke - 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
3:02.58	400	H	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	Carlisle Aq	3
3:10.40	353	H	21/01/23	Cumbria County Championships & Age Groups 2023	Workington	Carlisle Aq	2
3:12.09	343	H	22/01/22	2022 Cumbria County Championships and Age Groups	Workington	Carlisle Aq	2
3:15.20	327	H	25/09/22	Workington 13th Presidents Gala	Workington	Carlisle Aq	3
3:18.80	310	H	21/11/21	Carlisle Aquatics Club Championships	Carlisle	Carlisle Aq	4
3:20.02	304	H	05/12/21	Cumbria Winter Meet 2021	Kendal	Carlisle Aq	3
3:40.52	227	H	30/11/19	CUMBRIA 2019 CUMBRIAN WINTER MEET	Carlisle		3

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:02.58	400	H	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	Carlisle Aq	3
3:10.40	353	H	21/01/23	Cumbria County Championships & Age Groups 2023	Workington	Carlisle Aq	2
3:15.20	327	H	25/09/22	Workington 13th Presidents Gala	Workington	Carlisle Aq	3
3:12.09	343	H	22/01/22	2022 Cumbria County Championships and Age Groups	Workington	Carlisle Aq	2
3:20.02	304	H	05/12/21	Cumbria Winter Meet 2021	Kendal	Carlisle Aq	3
3:18.80	310	H	21/11/21	Carlisle Aquatics Club Championships	Carlisle	Carlisle Aq	4
3:40.52	227	H	30/11/19	CUMBRIA 2019 CUMBRIAN WINTER MEET	Carlisle		3