

Individual Best Times (All Time)

Sophia Sugden - (1300103) - Carlisle Aquatics - 50 Freestyle - 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
29.66	462	H	03/02/24	Cumbria County Championships & Age Groups 2024	Workington	Carlisle Aq	2
30.75	414	H	03/12/23	Cumbria Winter Meet L3 2023	Copeland	Carlisle Aq	3
30.87	409	H	25/06/23	Kendal ASC 7th Mint Open Gala 2023	Kendal	Carlisle Aq	3
31.13	399	H	15/07/23	Cumbria Festival of Aquatics 2023	Carlisle	Carlisle Aq	3
31.30	393	F	10/09/23	Carlisle Aquatics Annual Club Champs Galas 2023	Carlisle	Carlisle Aq	4
31.69	378	H	04/02/23	Cumbria County Championships & Age Groups 2023	Workington	Carlisle Aq	2
31.76	376	H	10/09/23	Carlisle Aquatics Annual Club Champs Galas 2023	Carlisle	Carlisle Aq	4
31.88	372	H	24/09/23	Workington 14th Presidents Gala 2023	Workington	Carlisle Aq	3
32.13	363	H	04/12/22	Cumbria Winter Meet 2022	Copeland Leisure Cen	Carlisle Aq	3
32.24	359	H	16/07/22	Carlisle Farewell to the Pools Invitational Gala	Carlisle	Carlisle Aq	4
32.25	359	H	04/03/23	Bobcats 'Racing for Regionals' Meet 2023	Darwen	Carlisle Aq	3
32.46	352	H	05/02/22	2022 Cumbria County Championships and Age Groups	Workington	Carlisle Aq	2
32.82	341	H	05/03/22	Ulverston ASC Spring Swim Fest 2022	Kendal	Carlisle Aq	3
32.89	338	H	05/12/21	Cumbria Winter Meet 2021	Kendal	Carlisle Aq	3
34.37	296	H	17/10/21	Bobcats Return to Racing Powered by FINIS	Darwen	Carlisle Aq	3
34.84	285	H	30/10/21	Barrow ASC Halloween Meet 2021	Barrow in Furness	Carlisle Aq	3
35.65	266	H	14/11/21	Carlisle Aquatics Club Championships	Carlisle	Carlisle Aq	4
36.28	252	H	02/08/21	Carlisle Aquatics	The Pools	Carlisle Aq	0
36.99	238	H	26/09/21	12th Presidents Gala	Workington	Carlisle Aq	3
40.37	183	H	08/02/20	2020 Cumbria County Championships and Age Groups	Workington	Penrith	2
41.52	168	H	29/06/19	Kendal Mint Open Gala 2019	Kendal	Penrith	3
43.66	144	H	08/06/19	24th Copeland Graded Gala	Whitehaven	Penrith	3
43.66	144	H	24/11/19	Penrith Swimming Club Championships	Penrith	Penrith	4

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