

Individual Best Times (All Time)

Sophia Sugden - (1300103) - Carlisle Aquatics - 50 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
34.47	393	F	17/09/23	Carlisle Aquatics Annual Club Champs Galas 2023	Carlisle	Carlisle Aq	4
34.84	380	H	17/09/23	Carlisle Aquatics Annual Club Champs Galas 2023	Carlisle	Carlisle Aq	4
35.21	368	H	23/09/23	Workington 14th Presidents Gala 2023	Workington	Carlisle Aq	3
35.41	362	H	15/07/23	Cumbria Festival of Aquatics 2023	Carlisle	Carlisle Aq	3
35.44	361	H	24/06/23	Kendal ASC 7th Mint Open Gala 2023	Kendal	Carlisle Aq	3
36.10	342	H	04/12/22	Cumbria Winter Meet 2022	Copeland Leisure Cen	Carlisle Aq	3
36.26	337	H	24/09/22	Workington 13th Presidents Gala	Workington	Carlisle Aq	3
36.75	324	H	22/01/23	Cumbria County Championships & Age Groups 2023	Workington	Carlisle Aq	2
38.04	292	H	23/01/22	2022 Cumbria County Championships and Age Groups	Workington	Carlisle Aq	2
38.87	274	H	05/03/22	Ulverston ASC Spring Swim Fest 2022	Kendal	Carlisle Aq	3
39.45	262	H	25/09/21	12th Presidents Gala	Workington	Carlisle Aq	3
39.64	258	H	16/07/22	Carlisle Farewell to the Pools Invitational Gala	Carlisle	Carlisle Aq	4
39.79	255	H	14/11/21	Carlisle Aquatics Club Championships	Carlisle	Carlisle Aq	4
40.76	237	H	23/07/21	Carlisle Aquatics	The Pools , James St	Carlisle Aq	0
41.91	218	H	16/10/21	Bobcats Return to Racing Powered by FINIS	Darwen	Carlisle Aq	3
46.10	164	H	17/11/19	Penrith Swimming Club Championships	Penrith	Penrith	4
46.15	163	H	26/01/20	2020 Cumbria County Championships and Age Groups	Workington	Penrith	2

Swims in Date Order

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