

Individual Best Times (All Time)

Sophia Sugden - (1300103) - Carlisle Aquatics - 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
1:11.66	449	H	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	Carlisle Aq	3
1:17.11	360	H	15/07/23	Cumbria Festival of Aquatics 2023	Carlisle	Carlisle Aq	3
1:17.70	352	H	24/06/23	Kendal ASC 7th Mint Open Gala 2023	Kendal	Carlisle Aq	3
1:20.22	320	H	21/01/23	Cumbria County Championships & Age Groups 2023	Workington	Carlisle Aq	2
1:22.35	296	H	10/09/23	Carlisle Aquatics Annual Club Champs Galas 2023	Carlisle	Carlisle Aq	4
1:22.42	295	H	03/12/22	Cumbria Winter Meet 2022	Copeland Leisure Cen	Carlisle Aq	3
1:23.50	284	H	05/03/22	Ulverston ASC Spring Swim Fest 2022	Kendal	Carlisle Aq	3
1:24.18	277	H	22/01/22	2022 Cumbria County Championships and Age Groups	Workington	Carlisle Aq	2
1:30.43	223	H	14/11/21	Carlisle Aquatics Club Championships	Carlisle	Carlisle Aq	4
1:34.23	197	H	23/07/21	Carlisle Aquatics	The Pools , James St	Carlisle Aq	0
1:39.34	168	H	17/11/19	Penrith Swimming Club Championships	Penrith	Penrith	4
1:40.76	161	H	07/03/20	Ulverston Spring Swim Fest 2020	Kendal LC	Penrith	3
1:42.48	153	H	25/01/20	2020 Cumbria County Championships and Age Groups	Workington	Penrith	2
1:43.28	150	H	08/06/19	24th Copeland Graded Gala	Whitehaven	Penrith	3

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