

Individual Best Times (All Time)

Sophia Sugden - (1300103) - Carlisle Aquatics - 200 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 |
|---------|--------|-------|----------|--------------------------------------------------|------------|-----------------|-------|
| 2:51.27 | 334 | H | 03/09/23 | Carlisle Aquatics Annual Club Champs Galas 2023 | Carlisle | Carlisle Aq | 4 |
| 2:55.42 | 311 | H | 23/01/22 | 2022 Cumbria County Championships and Age Groups | Workington | Carlisle Aq | 2 |
| 3:02.01 | 279 | H | 05/12/21 | Cumbria Winter Meet 2021 | Kendal | Carlisle Aq | 3 |
| 3:20.23 | 209 | H | 21/11/21 | Carlisle Aquatics Club Championships | Carlisle | Carlisle Aq | 4 |

Swims in Date Order

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