

Individual Best Times (All Time)

Sophia Sugden - (1300103) - Carlisle Aquatics - 200 Individual Medley - 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
2:42.62	420	H	23/09/23	Workington 14th Presidents Gala 2023	Workington	Carlisle Aq	3
2:43.25	415	H	24/06/23	Kendal ASC 7th Mint Open Gala 2023	Kendal	Carlisle Aq	3
2:50.12	367	H	03/09/23	Carlisle Aquatics Annual Club Champs Galas 2023	Carlisle	Carlisle Aq	4
3:08.37	270	H	14/11/21	Carlisle Aquatics Club Championships	Carlisle	Carlisle Aq	4
3:14.68	245	H	05/12/21	Cumbria Winter Meet 2021	Kendal	Carlisle Aq	3
3:33.83	185	H	08/03/20	Ulverston Spring Swim Fest 2020	Kendal LC	Penrith	3
3:38.08	174	H	08/02/20	2020 Cumbria County Championships and Age Groups	Workington	Penrith	2
3:49.14	150	H	21/09/19	Workington ASC 10th Presidents Open Meet	Cumbria	Penrith	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:42.62	420	H	23/09/23	Workington 14th Presidents Gala 2023	Workington	Carlisle Aq	3
2:50.12	367	H	03/09/23	Carlisle Aquatics Annual Club Champs Galas 2023	Carlisle	Carlisle Aq	4
2:43.25	415	H	24/06/23	Kendal ASC 7th Mint Open Gala 2023	Kendal	Carlisle Aq	3
3:14.68	245	H	05/12/21	Cumbria Winter Meet 2021	Kendal	Carlisle Aq	3
3:08.37	270	H	14/11/21	Carlisle Aquatics Club Championships	Carlisle	Carlisle Aq	4
3:33.83	185	H	08/03/20	Ulverston Spring Swim Fest 2020	Kendal LC	Penrith	3
3:38.08	174	H	08/02/20	2020 Cumbria County Championships and Age Groups	Workington	Penrith	2
3:49.14	150	H	21/09/19	Workington ASC 10th Presidents Open Meet	Cumbria	Penrith	3