

# Individual Best Times (All Time)

Sophia Sugden - (1300103) - Carlisle Aquatics - 100 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
1:16.67	400	H	17/09/23	Carlisle Aquatics Annual Club Champs Galas 2023	Carlisle	Carlisle Aq	4
1:16.70	399	H	15/07/23	Cumbria Festival of Aquatics 2023	Carlisle	Carlisle Aq	3
1:17.75	383	H	24/09/23	Workington 14th Presidents Gala 2023	Workington	Carlisle Aq	3
1:21.96	327	H	25/09/22	Workington 13th Presidents Gala	Workington	Carlisle Aq	3
1:24.69	297	H	16/07/22	Carlisle Farewell to the Pools Invitational Gala	Carlisle	Carlisle Aq	4
1:25.65	287	H	22/01/22	2022 Cumbria County Championships and Age Groups	Workington	Carlisle Aq	2
1:28.56	259	H	21/11/21	Carlisle Aquatics Club Championships	Carlisle	Carlisle Aq	4
1:29.81	249	H	30/10/21	Barrow ASC Halloween Meet 2021	Barrow in Furness	Carlisle Aq	3
1:31.89	232	H	23/07/21	Carlisle Aquatics	The Pools , James St	Carlisle Aq	0
1:41.73	171	H	25/01/20	2020 Cumbria County Championships and Age Groups	Workington	Penrith	2
1:47.14	146	H	24/11/19	Penrith Swimming Club Championships	Penrith	Penrith	4
1:48.41	141	H	08/06/19	24th Copeland Graded Gala	Whitehaven	Penrith	3
1:49.52	137	H	29/06/19	Kendal Mint Open Gala 2019	Kendal	Penrith	3

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