

Individual Best Times (All Time)

Sophie Conway - (1443873) - Lichfield SC - 200 Breaststroke - 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
3:16.48	321	H	24/06/23	Stafford Apex Summer Open Meet 2023	Stafford	Lichfield	3
3:17.47	316	H	21/05/22	Lichfield SC Club Internal May 2022	Tamworth	Lichfield	4
3:17.81	314	H	17/09/22	City of Stoke on Trent Derek Taylor Memorial Gala	Stoke on Trent	Lichfield	3
3:18.03	313	H	09/04/22	City of Stoke on Trent SC Y2KI Gala 2022	Stoke on Trent	Lichfield	3
3:21.50	297	H	06/04/24	City of Stoke SC Y2K 2024	Stoke on Trent	Lichfield	3
3:22.15	295	H	03/07/22	Boldmere SC Water Carnival 2022	Birmingham	Lichfield	3
3:23.64	288	H	02/04/23	Bakewell SC Open Meet 2023	Matlock	Lichfield	3
3:30.15	262	H	17/12/22	Leicester Sharks Competitive SC County Qualifier	Nuneaton	Lichfield	3
3:33.03	252	H	26/11/22	Stafford Apex SC Winter Open Meet 2022	Stafford	Lichfield	3
4:11.90	152	H	07/12/19	Lichfield Ribbon Gala 2019	Cannock	Lichfield	4

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