

Individual Best Times (All Time)

Sophie Quach - (228759) - Shiverers SC - 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 |
|---------|--------|-------|----------|---------------------------------------|--------------|-----------------|-------|
| 2:32.45 | 474 | F | 15/01/16 | Shiverers Development Meet | Hove | Shiverers | 4 |
| 2:32.57 | 473 | F | 06/02/15 | Shiverers Development Meet | Hove | Shiverers | 4 |
| 2:32.89 | 470 | F | 15/03/14 | Sussex County Championships | Crawley | Shiverers | 2 |
| 2:33.57 | 464 | F | 24/09/17 | 2017 Shiverers Club Championships | Hove | Shiverers | 4 |
| 2:34.41 | 457 | F | 18/01/13 | Sussex Seahawks Development Meet | Brighton | Shiverers | 4 |
| 2:35.15 | 450 | F | 23/09/16 | 2016 Shiverers Club Championships | Hove | Shiverers | 4 |
| 2:35.88 | 444 | F | 16/03/13 | Sussex County Championship | Crawley | Shiverers | 2 |
| 2:38.02 | 426 | F | 25/11/12 | Atlantis Christmas Cracker Open Meet | Horsham | Shiverers | 3 |
| 2:38.10 | 425 | F | 14/06/13 | Shiverers Club Championships | Hove | Shiverers | 4 |
| 2:39.44 | 415 | F | 20/06/14 | Shiverers SC Club Championships | Hove | Shiverers | 4 |
| 2:39.99 | 410 | H | 30/10/11 | Sussex ASA Development Meet | Brighton | Shiverers | 3 |
| 2:43.01 | 388 | F | 13/01/13 | Brighton SC Tom Handley Memorial Meet | Brighton | Shiverers | 2 |
| 2:49.44 | 345 | H | 19/03/11 | Sussex County Championships | Crawley | Shiverers | 2 |
| 2:52.19 | 329 | H | 14/11/10 | Sussex Development Meet | Brighton | Shiverers | 4 |
| 2:58.80 | 294 | F | 24/10/10 | Haslemere Autumn Meet | Haslemere | Shiverers | 2 |
| 2:59.82 | 289 | H | 13/03/10 | Sussex County Champs | Crawley | Shiverers | 2 |
| 3:06.44 | 259 | | 06/12/09 | Atlantis Christmas Cracker | Horsham | Shiverers | 2 |
| 3:09.50 | 247 | H | 15/11/09 | Sussex Development Meet | Brighton | Shiverers | 3 |
| 3:14.12 | 230 | H | 08/03/09 | Sussex County Champs | Crawley | Shiverers | 2 |
| 3:21.51 | 205 | H | 10/02/08 | Sussex County Champs | Crawley | Shiverers | 2 |
| 3:32.09 | 176 | | 28/09/08 | Littlehampton Dev Chaser | Bognor Regis | Shiverers | 3 |
| 3:44.65 | 148 | | 30/09/07 | Littlehampton Chaser Open | Bognor Regis | Shiverers | 3 |

Swims in Date Order

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|---------|--------|-------|----------|-----------------------------------|-------|-----------------|-------|
| 2:33.57 | 464 | F | 24/09/17 | 2017 Shiverers Club Championships | Hove | Shiverers | 4 |

| | | | | | | | |
|---------|-----|---|----------|---------------------------------------|--------------|-----------|---|
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| 2:32.45 | 474 | F | 15/01/16 | Shiverers Development Meet | Hove | Shiverers | 4 |
| 2:32.57 | 473 | F | 06/02/15 | Shiverers Development Meet | Hove | Shiverers | 4 |
| 2:39.44 | 415 | F | 20/06/14 | Shiverers SC Club Championships | Hove | Shiverers | 4 |
| 2:32.89 | 470 | F | 15/03/14 | Sussex County Championships | Crawley | Shiverers | 2 |
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| 2:39.99 | 410 | H | 30/10/11 | Sussex ASA Development Meet | Brighton | Shiverers | 3 |
| 2:49.44 | 345 | H | 19/03/11 | Sussex County Championships | Crawley | Shiverers | 2 |
| 2:52.19 | 329 | H | 14/11/10 | Sussex Development Meet | Brighton | Shiverers | 4 |
| 2:58.80 | 294 | F | 24/10/10 | Haslemere Autumn Meet | Haslemere | Shiverers | 2 |
| 2:59.82 | 289 | H | 13/03/10 | Sussex County Champs | Crawley | Shiverers | 2 |
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