

Individual Best Times (All Time)

Sophie Quach - (228759) - Shiverers SC - 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
2:28.23	555	F	11/12/21	The National Arena Swimming League London Round 3	London		2
2:29.15	545	F	09/10/21	The National Arena Swimming League London Round 1	London		2
2:29.44	542	F	09/11/19	NASL London Round 2	Inspire, Luton	Shiverers	3
2:30.09	535	F	13/11/21	The National Arena Swimming League London Round 2	London		2
2:31.83	517	H	11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield		2
2:31.98	515	H	20/01/18	Hertfordshire County Championships	Borehamwood	Hatfield	2
2:32.02	515	F	24/09/17	2017 Shiverers Club Championships	Hove	Shiverers	4
2:32.38	511	F	18/12/21	Shiverers Club Championships	Hove		4
2:33.16	503	F	14/06/19	2019 Shiverers Club Championships	King Alfred	Shiverers	4
2:34.80	487	F	14/12/19	NASL London Round 3	Becontree	Hatfield	3
2:35.65	479	H	02/02/20	Cheshire County Championships	Macclesfield LC	Warrington W	2
2:36.86	468	F	23/09/16	2016 Shiverers Club Championships	Hove	Shiverers	4
2:37.57	462	F	30/11/13	Atlantis Christmas Cracker Open Meet	Horsham	Shiverers	3
2:38.75	452	F	07/01/17	Hailsham Duel Meet	Eastbourne	Shiverers	4
2:39.39	446	F	11/10/14	National Arena League London Premier Division	Hatfield	Shiverers	2
2:39.41	446	F	17/03/13	Sussex County Championship	Crawley	Shiverers	2
2:39.59	445	F	27/04/13	Atlantis SC 2013 Spring Open Meet	Horsham	Shiverers	3
2:39.79	443	F	14/06/13	Shiverers Club Championships	Hove	Shiverers	4
2:39.91	442	F	16/03/14	Sussex County Championships	Crawley	Shiverers	2
2:40.64	436	F	20/06/14	Shiverers SC Club Championships	Hove	Shiverers	4
2:45.94	396	F	02/06/12	Shiverers Club Championships	Hove	Shiverers	4
2:46.96	388	F	13/01/13	Brighton SC Tom Handley Memorial Meet	Brighton	Shiverers	2
2:47.96	381	F	26/11/11	Atlantis Horsham Christmas Cracker Meet	Horsham	Shiverers	3
2:48.66	377		16/10/11	James Moreno Open Meet	Southampton	Shiverers	2
3:00.29	308	H	31/10/10	Sussex County Development	Brighton	Shiverers	4
3:04.05	290	H	17/07/10	Fareham Nomads Open	Southampton	Shiverers	3
3:16.04	240		06/12/09	Atlantis Christmas Cracker	Horsham	Shiverers	3

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3:17.02	236	H	21/02/09	Sussex County Champs	Crawley	Shiverers	2
3:26.52	205		07/12/08	Littlehampton Advent Meet	Bognor Regis	Shiverers	3

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