

Individual Best Times (All Time)

Sophie Quach - (228759) - Shiverers SC - 200 Freestyle - 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
2:10.23	607	F	03/12/17	HATFIELD XMAS MEET 2017	HERTFORDSHIRE	Hatfield	3
2:10.30	606	H	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield		2
2:10.57	602	H	27/01/18	Hertfordshire County Championships	Borehamwood	Hatfield	2
2:10.62	602	F	23/06/18	2018 Shiverers Club Championships	King Alfred	Shiverers	4
2:10.73	600	H	03/12/17	HATFIELD XMAS MEET 2017	HERTFORDSHIRE	Hatfield	3
2:10.75	600	H	21/10/18	Manchester International Swim Meet (MISM) 2018	Manchester	Hatfield	2
2:10.82	599	H	04/11/18	Swim England East Region Short Course Championship	Luton	Hatfield	2
2:11.14	595	F	17/10/21	Sussex County ASA Winter Competition	Crawley		2
2:11.23	593	H	07/11/21	SE South East Open/Junior Swimming Championships	Winchester	Shiverers	2
2:11.40	591	F	12/01/19	Brighton SC Tom Handley Open Meet	Prince Regent	Shiverers	3
2:12.48	577	H	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield		2
2:13.74	561	F	27/11/21	Atlantis Christmas Cracker 2021	Horsham		3
2:14.15	555	H	25/01/20	Cheshire County Championships	Macclesfield LC	Warrington W	2
2:14.30	554	F	25/10/15	Sussex County ASA Winter Competition 2015	Horsham	Shiverers	2
2:14.52	551	F	15/10/16	Sussex County ASA Winter Short Competition 2016	Crawley	Shiverers	2
2:14.63	550	F	01/03/14	Sussex County Champs & Age Group Comp	Crawley	Shiverers	2
2:14.77	548	F	26/11/16	Atlantis Christmas Cracker Open Meet	Horsham	Shiverers	3
2:14.95	546	F	26/10/14	Sussex County Winter Meet	Horsham	Shiverers	2
2:15.12	544	H	23/05/21	Hatfield	Hertfordshire Swim V	Hatfield	0
2:16.25	530	F	29/11/14	Portsmouth Northsea Christmas Cracker	Portsmouth	Shiverers	4
2:16.29	530	F	28/11/15	Atlantis Horsham Christmas Cracker Meet	Horsham	Shiverers	3
2:16.94	522	F	15/02/14	Sussex Secondary Schools Individual Champs	Horsham	Shiverers	3
2:17.23	519	F	15/06/13	Shiverers Club Championships	Hove	Shiverers	4
2:17.38	517	F	07/01/17	Hailsham Duel Meet	Eastbourne	Shiverers	4
2:17.84	512	F	24/09/16	2016 Shiverers Club Championships	Hove	Shiverers	4
2:18.39	506	H	02/03/13	Sussex County Championships	Crawley	Shiverers	2
2:18.61	499	F	25/11/19	Atlantis Christmas Cracker Open Meet	Horsham	Shiverers	3

2:19.04	499	F	23/11/12	Atlantis Christmas Cracker Open meet	Horsham	Shiverers	3
2:19.18	497	F	27/06/14	Shiverers Club Championships	Hove	Shiverers	4
2:19.52	494	H	25/02/12	Sussex County Championships	Crawley	Shiverers	2
2:21.99	468	F	15/06/12	Shiverers Club Championships	Hove	Shiverers	4
2:23.52	454	F	04/02/12	Sussex Schools Swimming Assoc Champs	Crawley	Shiverers	2
2:24.55	444	F	27/11/11	Atlantis Horsham Christmas Cracker Meet	Horsham	Shiverers	3
2:32.67	377	H	19/02/11	Sussex County Championships	Crawley	Shiverers	2
2:36.03	353	F	05/12/10	Atlantis Xmas Open Meet	Horsham	Shiverers	2
2:36.81	348	F	24/10/10	Haslemere Autumn Meet	Haslemere	Shiverers	2
2:39.75	329		26/09/10	Littlehampton Develop Meet	Feltham	Shiverers	3
2:40.20	326	H	14/03/10	Sussex County Champs	Crawley	Shiverers	2
2:42.04	315		25/04/10	Littlehampton Qualifier	Felpham	Shiverers	2
2:53.10	258	H	19/07/09	Fareham Nomads Open	Southampton	Shiverers	3
2:54.67	251		27/09/09	Littlehampton Open Meet	Bognor Regis	Shiverers	2
3:00.59	227		25/04/09	Littlehampton Last Chance	Portsmouth	Shiverers	2
3:01.26	225	H	11/01/09	Tom Handley Memorial Open	Brighton	Shiverers	2
3:08.69	199		28/09/08	Littlehampton Dev Chaser	Bognor Regis	Shiverers	3
3:09.90	196	H	26/10/08	Sussex County Development	Brighton	Shiverers	3
3:15.02	180	H	15/03/08	Sussex County Champs	Crawley	Shiverers	2
3:15.39	179	H	22/06/08	Cranleigh Summer Meet	Cranleigh	Shiverers	3
3:39.64	126		30/09/07	Littlehampton Chaser Open	Bognor Regis	Shiverers	3

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