

Individual Best Times (All Time)

Sophie Quach - (228759) - Shiverers SC - 400 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
4:39.00	569	H	03/02/18	Hertfordshire County Championships 2018	Borehamwood	Hatfield	2
4:39.27	568	F	15/06/18	2018 Shiverers Club Championships	King Alfred	Shiverers	4
4:41.86	552	F	17/09/17	2017 Shiverers Club Championships	Lancing College	Shiverers	4
4:42.80	547	F	28/11/21	Atlantis Christmas Cracker 2021	Horsham		3
4:46.16	528	F	16/06/13	Shiverers SC Club Championships	Lancing	Shiverers	4
4:51.55	499	F	25/09/16	2016 Shiverers Club Championships	Lancing	Shiverers	4
4:52.25	495	F	27/04/13	Atlantis SC 2013 Spring Open Meet	Horsham	Shiverers	3

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