

Individual Best Times (All Time)

Sophia Amoroso - (478624) - London Borough of Redbridge SC - 100 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
1:12.00	443	H	18/02/12	Essex County Age Group Championships	Basildon	BorRedbridge	2
1:12.93	426	H	14/01/12	City of Cambridge Winter Short Course Meet	Cambridge	BorRedbridge	2
1:12.95	425	F	15/07/12	Barking & Dagenham End of Season Meet	Dagenham	BorRedbridge	3
1:13.45	417	F	05/10/13	London Bo Redbridge Early County & Regional	Ilford	BorRedbridge	3
1:13.82	411	H	09/03/13	Essex County Championships	Braintree	BorRedbridge	2
1:14.05	407	F	20/04/13	London Borough of Redbridge Regional Meet	Barking	BorRedbridge	3
1:14.13	405	H	01/12/12	ASA London Winter Championships 2012	London	BorRedbridge	2
1:14.26	403	H	16/02/14	Essex County Age Groups Championships	Basildon	BorRedbridge	2
1:14.30	403	F	06/10/12	London Boro Of Redbridge Early County Meet	Fullwell Cross	BorRedbridge	3
1:14.58	398		15/10/11	Romford Town Open Meet	Enfield	BorRedbridge	3
1:14.59	398	H	26/03/11	Essex County Championships	Braintree	BorRedbridge	2
1:14.62	398	F	07/01/12	London Borough of Redbridge Winter Meet	Fullwell Cross	BorRedbridge	3
1:15.53	383	H	13/07/13	Basildon & Phoenix End of Season Meet	Basildon	BorRedbridge	3
1:15.61	382	F	22/04/12	London Borough of Redridge Regional Sprint	Fullwell	BorRedbridge	2
1:16.03	376	F	27/11/10	Guildford County Qualifer	Guildford	BorRedbridge	2
1:16.06	375		16/10/10	Waltham Forest Qualifier	Waltham Forest	BorRedbridge	3
1:16.51	369		20/06/10	Epping Forest Summer Meet	Loughton	BorRedbridge	3
1:16.76	365	F	25/04/10	Boro Redbridge Sprint Meet	Barkingside	BorRedbridge	3
1:16.78	365	F	02/10/11	Redbridge Early County & Regional Qualifie	Fullwell Cross	BorRedbridge	3
1:16.85	364	F	24/04/11	Borough of Redbridge Regional Sprint Meet	Ilford	BorRedbridge	3
1:17.02	361	H	18/07/10	City of Cambridge Summer Meet	Cambridge	BorRedbridge	4
1:17.34	357		15/05/10	London Boro Enfield Open	Enfield	BorRedbridge	3
1:17.42	356		22/01/11	Biggleswade 12th Open Meet	Biggleswade	BorRedbridge	3
1:17.79	351	F	03/10/10	Redbridge Early Qualifier	Fullwell Cross	BorRedbridge	3
1:18.07	347	H	15/01/11	City of Cambridge Winter Open Meet	Cambridge	BorRedbridge	2
1:22.72	292		16/09/09	Redbridge Club Champs	Fulwell Cross	BorRedbridge	4
1:24.16	277		04/10/09	Redbridge County Qualif	Fullwell Cross	BorRedbridge	3

1:24.10	277	04/10/09	Redbridge County Qualif	Fullwell Cross	BorRedbridge	3
1:25.44	265	05/07/09	Epping Forest Summer 100s	Loughton	BorRedbridge	3
1:25.53	264	07/12/08	Waltham Forest Winter Mt	Waltham Forest	BorRedbridge	3
1:26.82	252	17/05/09	Enfield Open Meet	Enfield	BorRedbridge	3
1:27.70	245	18/10/08	Boro Waltham Forest Autumn	Waltham forest	BorRedbridge	3
1:29.09	233	24/06/09	Southend June Time Trial	Southend	BorRedbridge	4
1:29.44	231	10/09/08	London Boro Redbridge Club	Fulwell Cross	BorRedbridge	4

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