

Individual Best Times (All Time)

Sophia Ground - (828309) - Brompton SC - 50 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
31.56	512	H	02/11/19	2019 London Region Winter Championships	London	Brompton	2
32.42	472	F	30/11/19	ESC Xmas County Qualifier	Northolt LC	Brompton	3
32.55	466	F	09/03/19	Ealing Regional Qualifier 2019	Northolt LC	Brompton	3
32.89	452	F	15/07/18	S&C Summer Time Splash	Westcroft LC	Brompton	4
32.90	452	F	15/12/18	Hillingdon Winter Meet 2018	Uxbridge	Brompton	3
33.10	443	F	16/12/17	Hillingdon Winter Short Course Open Meet 2017	Hillingdon	Brompton	3
33.20	439	F	29/09/19	City of Southampton 19th James Moreno Open Meet	Southampton	Brompton	2
33.33	434	F	20/10/18	Deben Open Meet	Ipswich	Brompton	3
33.51	427	F	02/12/18	Brompton Winter Club Champs 2018	London	Brompton	4
33.65	422	F	17/11/19	Brompton Winter Club Championship Meet	Fulham Pools	Brompton	4
33.68	421	F	26/11/17	Brompton Winter Club Champs 2017	London	Brompton	4
34.32	398	F	16/06/19	Brompton Summer Club Championship Meet	Virgin Active Fulham	Brompton	4
34.65	386	F	28/11/15	BHSC Christmas Cracker County Qualifier 2015	Barnet	Brompton	3
34.75	383	F	03/12/16	Ealing December Christmas L3 Open Meet	Northolt	Brompton	3
35.35	364	F	27/02/16	Staines Black Swan B & C Grade Meet	Walton on Thames	Brompton	3
35.66	355	F	29/09/18	18th James Moreno Open Meet	Southampton	Brompton	2
35.94	346	F	26/11/14	Brompton Club Championships	Fulham	Brompton	4
36.23	338	F	12/07/15	Black Swan Summer Open Meet 2015 (non nat qual)	Walton-on-Thames	Brompton	3
36.24	338	H	14/02/15	Middlesex County Championships 2015	Barnet	Brompton	2
36.24	338		25/10/15	Barnet Cophthall Winter Sprints Meet	Barnet	Brompton	3
36.29	336	F	18/10/14	Staines SC Black Swan Winter Meet	Elmbridge	Brompton	3
36.75	324	F	21/06/15	Brompton Summer Sprints Champs 2015	London	Brompton	4
37.52	304	F	18/01/14	Staines Black Swan County Qualifier 2014	Elmbridge	Brompton	3
37.59	303	F	01/03/14	MCASA Bagcat & Youth Competitions 2014	Enfield	Brompton	2
37.85	296	F	13/07/14	Staines SC Black Swan Summer Meet	Staines	Brompton	3
38.31	286	F	22/06/14	Brompton SC Summer Sprints Champs 2014	Fulham	Brompton	4
41.03	282	F	10/10/13	Staines SC Black Swan Winter Meet 2013	Elmbridge	Brompton	3

41.02	233	F	19/10/13	Staines SC Black Swan Winter Meet 2013	Elmbridge	Brompton	3
42.63	207	F	16/06/13	Brompton SC Summer Sprints Champs 2013	Fulham	Brompton	4
43.54	195	F	27/01/13	Cranleigh SC Open Meet	Cranleigh	Brompton	3
43.65	193	F	04/11/12	Ealing SC Development Meet	Ealing	Brompton	4
44.71	180	F	14/07/13	Staines Black Swan Summer Meet	Elmbridge	Brompton	3
45.94	166	F	25/02/12	Middlesex County Championships	Enfield	Brompton	2
46.70	158		09/10/11	Barnet Cophall Novices	Barnet	Brompton	4
46.74	157		09/10/11	Barnet Cophall Novices	Barnet	Brompton	4
48.98	137	F	06/11/11	Ealing November Development Meet	Ealing	Brompton	4

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