

Individual Best Times (All Time)

Sophia Ground - (828309) - Brompton 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 |
|---------|--------|-------|----------|---|----------------------|-----------------|-------|
| 1:07.77 | 531 | H | 03/11/19 | 2019 London Region Winter Championships | London | Brompton | 2 |
| 1:09.57 | 491 | F | 09/11/19 | NASL London Round 2 | Eltham | Brompton | 3 |
| 1:09.79 | 486 | H | 13/07/19 | Borough of Harrow Summer Open Meet 2019 | Barnet | Brompton | 3 |
| 1:09.96 | 482 | F | 13/07/19 | Borough of Harrow Summer Open Meet 2019 | Barnet | Brompton | 3 |
| 1:11.71 | 448 | F | 29/09/19 | City of Southampton 19th James Moreno Open Meet | Southampton | Brompton | 2 |
| 1:12.23 | 438 | F | 29/09/18 | 18th James Moreno Open Meet | Southampton | Brompton | 2 |
| 1:12.45 | 434 | F | 16/06/19 | Brompton Summer Club Championship Meet | Virgin Active Fulham | Brompton | 4 |
| 1:14.17 | 405 | F | 04/12/16 | Ealing December Christmas L3 Open Meet | Northolt | Brompton | 3 |
| 1:15.54 | 383 | F | 01/11/15 | Ealing November Open Meet | Northolt | Brompton | 3 |
| 1:15.85 | 378 | F | 29/11/15 | BHSC Christmas Cracker County Qualifier 2015 | Barnet | Brompton | 3 |
| 1:17.81 | 351 | | 25/10/15 | Barnet Cophall Winter Sprints Meet | Barnet | Brompton | 3 |
| 1:17.91 | 349 | F | 11/10/15 | Hillingdon Autumn Short Course Meet 2015 | Hillingdon | Brompton | 3 |
| 1:18.62 | 340 | F | 25/11/14 | Brompton Club Championships | Fulham | | 4 |
| 1:18.89 | 336 | F | 14/03/15 | MCASA Spring Development Meet | Enfield | Brompton | 3 |
| 1:19.42 | 330 | F | 19/10/14 | Staines SC Black Swan Winter Meet | Elmbridge | | 3 |
| 1:20.25 | 319 | F | 21/06/15 | Brompton Summer Sprints Champs 2015 | London | Brompton | 4 |
| 1:21.31 | 307 | F | 22/06/14 | Brompton SC Summer Sprints Champs 2014 | Fulham | Brompton | 4 |
| 1:23.73 | 281 | F | 12/07/14 | Staines SC Black Swan Summer Meet | Staines | | 3 |
| 1:25.18 | 267 | F | 26/01/14 | Cranleigh ASC January Open Meet 2014 | Cranleigh | Brompton | 3 |
| 1:25.21 | 267 | H | 08/12/13 | Tigersharks Xmas Open Meet 2013 | Swindon | Brompton | 3 |
| 1:32.16 | 211 | F | 16/06/13 | Brompton SC Summer Sprints Champs 2013 | Fulham | Brompton | 4 |
| 1:33.92 | 199 | F | 04/11/12 | Ealing SC Development Meet | Ealing | Brompton | 4 |
| 1:36.11 | 186 | F | 27/01/13 | Cranleigh SC Open Meet | Cranleigh | Brompton | 3 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|------|--------|-------|------|------|-------|-----------------|-------|
|------|--------|-------|------|------|-------|-----------------|-------|

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