

AN INCREDIBLE FEAT

Scuba diving

- *Sofia Ponce is 22 years old. She has achieved the incredible feat of 190m. Her time was 9 minutes. It is a Mexican National record and might be a world record woman.*



Diving record

One day Sofia went with her team to a deep ocean in Mexico. She was prepared to dive into the ocean. She had all the equipment that she needed. She needed almost 9 minutes to go down and 135 minutes to go up. Sofia now hasn't got any problems with her breathing. This difficult feat might be in the Guinness book.

Mike Papastathopoulos