

Individual Best Times (All Time)

Naomi Van Dongen - (782966) - Alton & District Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.38	27.60	575	16/02/19	BUCS Long Course Swimming Championships 2019	Sheffield	NE190155	1
100 Freestyle	1:02.57	1:01.20	564	03/02/19	Somerset County Championships 2019	Millfield	SW190287	1
200 Freestyle	2:18.35	2:15.80	542	06/02/16	Hampshire County Swimming Championships 2016	Portsmouth	SE160577	1
400 Freestyle	5:00.81	4:56.10	479	02/03/14	Hampshire County Championships	Portsmouth	CC4114	1
50 Breaststroke	33.34	32.40	669	27/05/18	London Swimming 2018 Long Course Summer Open	London	LR181069	1
100 Breaststroke	1:14.60	1:12.90	635	03/02/18	Hampshire County Championships 2018	Mountbatten LC	SE180161	1
200 Breaststroke	2:40.86	2:37.50	625	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield	NE200500	1
200 Individual Medley	2:31.59	2:29.00	575	07/05/18	Swim England South East Championships 2018	Wycombe	SE181206	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.62	28.40	572	15/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	SW182681	2
100 Freestyle	59.62	1:01.00	598	16/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	SW182681	2
200 Freestyle	2:10.66	2:13.30	601	15/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	SW182681	2
400 Freestyle	4:49.84	4:54.60	508	30/11/14	Portsmouth Northsea Christmas Cracker	Portsmouth	SE14423	2
800 Freestyle	9:53.09	10:02.80	521	19/09/16	Alton District Club Championships	Petersfield	SE161432	4
50 Breaststroke	32.70	33.60	653	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
100 Breaststroke	1:12.52	1:14.20	635	23/06/18	Rushmoor Royals Club Championships 2018	Aldershot	SE181535	4
200 Breaststroke	2:36.96	2:40.30	630	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
50 Butterfly	29.90	30.50	542	16/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	SW182681	2
100 Butterfly	1:35.93	1:36.70	178	28/09/13	Alton & District Autumn Winter Club Champs	Alton	SE3532	4
50 Backstroke	35.88	36.40	348	28/11/15	Alton & District SC Autumn Club Championships	Alton	SE151449	4
100 Backstroke	1:24.36	1:25.30	275	19/10/13	Alton & District Autumn Winter Club Champs	Alton	SE3532	4
200 Backstroke	3:21.13	3:22.80	206	29/10/11	Alton & District Autumn Club Championships	Alton	SE1565	4
200 Individual Medley	2:24.13	2:26.80	604	15/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	SW182681	2
100 Individual Medley	1:14.52	1:14.50	436	17/09/16	Alton District Club Championships	Alton	SE161431	4