

# Individual Best Times (All Time)

Emily Surminski - (1121854) - Brompton SC - 200 Breaststroke - Long 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
2:32.97	727	F	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Brompton	1
2:34.15	710	F	24/07/19	British Summer Championships	Glasgow	Brompton	1
2:35.73	689	F	14/03/20	2020 London Region Spring Open Meet	London	Brompton	1
2:36.42	679	F	01/06/19	German Age Group Nationals	Germany	Brompton	1
2:37.15	670	H	24/03/19	ESSA 69th National Inter-Divisional Championships	Crawley		1
2:37.57	665		22/02/19	McCullagh International Meet	Bangor	Brompton	1
2:37.70	663	H	24/07/19	British Summer Championships	Glasgow	Brompton	1
2:39.16	645	F	26/01/19	2019 Middlesex County Championships	London	Brompton	1
2:39.38	642	F	25/03/17	MCASA Open Meet	London	Chelsea&West	1
2:40.25	632	F	13/02/20	Middle East Open and Junior Championships	Dubai		1
2:40.30	631	H	01/06/19	German Age Group Nationals	Germany	Brompton	1
2:40.49	629	H	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Brompton	1
2:41.61	616	H	05/05/18	2018 London Swimming Regional Summer Champs	Stratford	Chelsea&West	1
2:42.54	606	F	05/05/18	2018 London Swimming Regional Summer Champs	Stratford	Chelsea&West	1
2:43.01	600	H	01/03/20	ESSA 70th National Inter-Divisional Championships	Sheffield		1
2:43.27	597	F	11/03/17	Wycombe Long Course Premier Open Meet	Wycombe	Chelsea&West	1
2:43.45	595	F	04/11/17	2017 London Swimming Regional Winter Champs	London	Chelsea&West	1
2:43.72	593	H	13/02/20	Middle East Open and Junior Championships	Dubai		1
2:44.25	587	H	29/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	Chelsea&West	1
2:44.48	584	H	26/07/17	British Summer Championships	Sheffield	Chelsea&West	1
2:44.87	580	H	04/11/17	2017 London Swimming Regional Winter Champs	London	Chelsea&West	1
2:45.64	572	H	26/05/18	London Swimming 2018 Long Course Summer Open	London	Chelsea&West	1
2:47.48	553	F	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	Chelsea&West	1
2:47.87	550	H	07/10/17	Lincoln Vulcans Long Course Open Meet	Sheffield	Chelsea&West	1
2:47.96	549	F	17/05/15	MCASA Long Course Open Meet	Luton	Chelsea&West	1
2:48.76	541	H	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	Chelsea&West	1
2:49.16	538	F	09/05/15	London Region Summer Championships	London		1

2:49.10	550	F	09/03/15	London Region Summer Championships	London		
2:50.10	528	H	09/05/15	London Region Summer Championships	London		1
2:50.86	521	F	27/05/17	2017 London Swimming May Open Meet	London	Chelsea&West	1
2:51.65	514	F	19/06/16	Torfaen Dolphins LC Open Meet 2016	Bristol	Chelsea&West	3
2:52.27	509	F	15/05/16	MCASA Long Course Open Meet	Guildford	Chelsea&West	1
2:53.38	499	H	20/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	Chelsea&West	1
2:53.60	497	F	17/04/16	London Schools SA Championships	Crystal Palace		1
2:53.73	496	H	29/05/16	ASA London Region Last Chance Meet	Crystal Palace	Chelsea&West	1
2:54.01	493	F	10/03/18	FFN Golden Lanes Camille Muffat	Paris		1
2:54.98	485	H	10/03/18	FFN Golden Lanes Camille Muffat	Paris		1
2:55.53	481	H	06/02/16	Derventio Excel February Festival 2016	Sheffield	Chelsea&West	1
2:56.07	476	H	20/07/16	IAG Championships & Summer Open 2016	Dublin	Chelsea&West	1
2:56.07	476	H	23/07/16	IAG Championships & Summer Open 2016	Dublin	Chelsea&West	1
3:03.78	419	F	15/11/14	Aquae Sulis Grand Prix	Bristol	Chelsea&West	1
3:06.42	401	H	07/06/14	London Region Age Group Championships	Stratford	Chelsea&West	1
3:08.24	390	F	06/07/14	51st International Swim Meet Merck Suoer Trophy	Darmstadt, Germany	Chelsea&West	1
3:10.60	375	F	18/05/14	MCASA Long Course Championships 2014	Surrey	Chelsea&West	1
3:12.09	367	F	07/06/14	London Region Age Group Championships	Stratford	Chelsea&West	1
3:12.81	363	F	17/11/13	Aquae Sulis Grand Prix	Bristol	Chelsea&West	1
3:25.86	298	H	01/06/13	ASA London Region Age Groups 2013	London	Chelsea&West	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:35.73	689	F	14/03/20	2020 London Region Spring Open Meet	London	Brompton	1
2:43.01	600	H	01/03/20	ESSA 70th National Inter-Divisional Championships	Sheffield		1
2:40.25	632	F	13/02/20	Middle East Open and Junior Championships	Dubai		1
2:43.72	593	H	13/02/20	Middle East Open and Junior Championships	Dubai		1
2:34.15	710	F	24/07/19	British Summer Championships	Glasgow	Brompton	1
2:37.70	663	H	24/07/19	British Summer Championships	Glasgow	Brompton	1
2:36.42	679	F	01/06/19	German Age Group Nationals	Germany	Brompton	1
2:40.30	631	H	01/06/19	German Age Group Nationals	Germany	Brompton	1
2:32.97	727	F	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Brompton	1
2:40.49	629	H	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Brompton	1
2:37.15	670	H	24/03/19	ESSA 69th National Inter-Divisional Championships	Crawley		1
2:37.57	665		22/02/19	McCullagh International Meet	Bangor	Brompton	1
2:39.16	645	F	26/01/19	2019 Middlesex County Championships	London	Brompton	1
2:45.64	572	H	26/05/18	London Swimming 2018 Long Course Summer Open	London	Chelsea&West	1
2:42.54	606	F	05/05/18	2018 London Swimming Regional Summer Champs	Stratford	Chelsea&West	1
2:41.61	616	H	05/05/18	2018 London Swimming Regional Summer Champs	Stratford	Chelsea&West	1
2:54.01	493	F	10/03/18	FFN Golden Lanes Camille Muffat	Paris		1
2:54.98	485	H	10/03/18	FFN Golden Lanes Camille Muffat	Paris		1
2:43.45	595	F	04/11/17	2017 London Swimming Regional Winter Champs	London	Chelsea&West	1
2:44.87	580	H	04/11/17	2017 London Swimming Regional Winter Champs	London	Chelsea&West	1
2:47.87	550	H	07/10/17	Lincoln Vulcans Long Course Open Meet	Sheffield	Chelsea&West	1
2:44.48	584	H	26/07/17	British Summer Championships	Sheffield	Chelsea&West	1
2:50.86	521	F	27/05/17	2017 London Swimming May Open Meet	London	Chelsea&West	1
2:39.38	642	F	25/03/17	MCASA Open Meet	London	Chelsea&West	1
2:43.27	597	F	11/03/17	Wycombe Long Course Premier Open Meet	Wycombe	Chelsea&West	1
2:44.25	587	H	29/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	Chelsea&West	1
2:56.07	476	H	23/07/16	IAG Championships & Summer Open 2016	Dublin	Chelsea&West	1
2:56.07	476	H	20/07/16	IAG Championships & Summer Open 2016	Dublin	Chelsea&West	1
2:51.65	514	F	19/06/16	Torfaen Dolphins LC Open Meet 2016	Bristol	Chelsea&West	3
2:53.73	496	H	29/05/16	ASA London Region Last Chance Meet	Crystal Palace	Chelsea&West	1

2:52.27	509	F	15/05/16	MCASA Long Course Open Meet	Guildford	Chelsea&West	1
2:47.48	553	F	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	Chelsea&West	1
2:48.76	541	H	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	Chelsea&West	1
2:53.60	497	F	17/04/16	London Schools SA Championships	Crystal Palace		1
2:53.38	499	H	20/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	Chelsea&West	1
2:55.53	481	H	06/02/16	Derventio Excel February Festival 2016	Sheffield	Chelsea&West	1
2:47.96	549	F	17/05/15	MCASA Long Course Open Meet	Luton	Chelsea&West	1
2:49.10	538	F	09/05/15	London Region Summer Championships	London		1
2:50.10	528	H	09/05/15	London Region Summer Championships	London		1
3:03.78	419	F	15/11/14	Aquae Sulis Grand Prix	Bristol	Chelsea&West	1
3:08.24	390	F	06/07/14	51st International Swim Meet Merck Suoer Trophy	Darmstadt, Germany	Chelsea&West	1
3:12.09	367	F	07/06/14	London Region Age Group Championships	Stratford	Chelsea&West	1
3:06.42	401	H	07/06/14	London Region Age Group Championships	Stratford	Chelsea&West	1
3:10.60	375	F	18/05/14	MCASA Long Course Championships 2014	Surrey	Chelsea&West	1
3:12.81	363	F	17/11/13	Aquae Sulis Grand Prix	Bristol	Chelsea&West	1
3:25.86	298	H	01/06/13	ASA London Region Age Groups 2013	London	Chelsea&West	1