

Individual Best Times (All Time)

Alexandra Hart - (1337765) - Millfield - 200 Backstroke - 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 |
|---------|--------|-------|----------|--|------------------|-----------------|-------|
| 2:29.99 | 553 | F | 04/05/24 | SE SWR Summer Championships 2024 | Plymouth | | 1 |
| 2:33.24 | 518 | H | 04/05/24 | SE SWR Summer Championships 2024 | Plymouth | | 1 |
| 2:33.73 | 513 | H | 23/04/23 | SE South West Summer Regional Championships 2023 | Millfield | | 1 |
| 2:35.02 | 501 | F | 17/06/23 | Team Bath AS & Millfield National Preparation Meet | Millfield | | 3 |
| 2:35.10 | 500 | F | 17/03/24 | Somerset ASA County Championships 2024 | Millfield | | 1 |
| 2:35.36 | 497 | F | 11/02/23 | Somerset ASA County Championships 2023 | Millfield | | 1 |
| 2:36.53 | 486 | F | 19/06/22 | Team Bath & Millfield National Preparation Meet L1 | Millfield | | 1 |
| 2:37.06 | 481 | H | 11/02/23 | Somerset ASA County Championships 2023 | Millfield | | 1 |
| 2:37.84 | 474 | F | 11/03/23 | National Preparation Meet L1 2023 | Millfield | | 1 |
| 2:39.77 | 457 | F | 09/03/24 | Chelsea & Westminster & Millfield March Grand Prix | Millfield | | 1 |
| 2:40.99 | 447 | F | 23/04/23 | SE South West Summer Regional Championships 2023 | Millfield | | 1 |
| 2:42.20 | 437 | F | 13/03/22 | Team Bath & Millfield National Qualifier L1 Meet | Millfield | | 1 |
| 2:42.51 | 435 | F | 05/02/22 | Somerset ASA County Championships 2022 | Millfield | | 1 |
| 2:47.27 | 398 | H | 17/12/21 | Swim Wales Winters 2021 | Swansea | | 1 |
| 2:47.30 | 398 | H | 08/05/22 | Swim England South West Region Championships 2022 | Hengrove | | 1 |
| 2:49.80 | 381 | F | 24/07/21 | South West British Summer Festival | Millfield | | 1 |
| 2:52.77 | 362 | F | 15/03/20 | Millfield & Team Bath AS L1 National Qualifier | Millfield School | Millfield | 1 |

Swims in Date Order

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