

Individual Best Times (All Time)

Niamh Venus-Knight - (1496265) - Witham Dolphins SC - 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
2:54.95	348	H	11/05/24	Swim England East Region LC Championships 2024	Norwich	Witham Dolph	1
2:55.85	343	H	13/01/24	2024 Essex County Age Group Championships	London	Witham Dolph	1
3:06.88	286	F	07/04/23	City of Norwich Easter Meet 2023	Norwich		1

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