

Individual Best Times (All Time)

Niamh Venus-Knight - (1496265) - Witham Dolphins 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
3:09.09	384	H	25/02/24	2024 Essex County Age Group Championships	London	Witham Dolph	1
3:14.71	352	H	12/05/24	Swim England East Region LC Championships 2024	Norwich	Witham Dolph	1
3:21.29	319	H	14/05/23	Swim England East Region LC Championships 2023	Luton	Witham Dolph	1
3:25.47	300	F	07/04/23	City of Norwich Easter Meet 2023	Norwich		1
3:29.18	284	F	05/03/23	CONSC March LC Open Meet 2023	Sportspark		3

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