

Individual Best Times (All Time)

Niamh McDonagh - (359750) - Rushmoor Royals SC - 400 Freestyle - 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
4:21.22	731	F	10/08/14	BG ASA Youth & MC Championships 2014	Sheffield	Loughborough	1
4:22.10	724	H	23/02/14	BUCS Long Course 2014	Sheffield	Lboro Uni	1
4:22.78	718	H	27/06/14	British Gas International Swimming Meet 2014	Manchester	Loughborough	1
4:23.39	713	H	10/08/14	BG ASA Youth & MC Championships 2014	Sheffield	Loughborough	1
4:23.55	712	H	15/04/14	British Gas Championships 2014	Glasgow	Lboro Uni	1
4:24.09	708	H	18/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	Loughborough	1
4:24.41	705	H	21/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	Lboro Uni	1
4:26.33	690	F	28/06/14	British Gas International Swimming Meet 2014	Manchester	Loughborough	1
4:26.78	686	F	25/01/14	Central Zonal Meet 2014	Corby	Lboro Uni	1
4:29.52	666	H	25/01/14	Central Zonal Meet 2014	Corby	Lboro Uni	1
4:29.73	664	F	13/03/15	Edinburgh International 2015	Edinburgh	Lboro Uni	1
4:31.34	652	H	01/02/15	17th Luxembourg Euro Meet	Luxembourg	Loughborough	1
4:31.66	650	H	27/10/12	Rushmoor Royals SC 10th Autumn Open Meet	Aldershot	Lboro Uni	1
4:32.76	642	H	09/10/11	Rushmoor Royals SC Club Championships	Aldershot	Lboro Uni	4
4:32.81	642	F	07/04/12	Portsmouth Northsea Easter Festival	Portsmouth	Lboro Uni	1
4:32.90	641	H	04/04/15	11th Swim Cup 2015	Eindhoven	Loughborough	1
4:32.98	641		05/05/12	British Gas South East Youth Championship	Crawley	Lboro Uni	1
4:33.01	640	H	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	Loughborough	1
4:36.06	619		18/03/12	Hampshire County Championships	Portsmouth	Lboro Uni	1
4:36.56	616		04/12/11	South East Region Open & Junior Champs	Aldershot	Lboro Uni	1
4:37.64	609	H	29/10/11	Rushmoor Royals 9th Autumn Open Meet	Aldershot	Lboro Uni	1
4:37.67	609		17/03/13	Hampshire County Championships	Portsmouth	Lboro Uni	1
4:38.75	602	H	16/12/12	Rushmoor Royals Club Championships	Aldershot	Lboro Uni	4
4:43.78	570	H	05/12/10	Rushmoor Royals Champs	Aldershot	Lboro Uni	4
4:54.18	512		02/04/10	Portsmouth Northsea Easter Meet	Portsmouth	Lboro Uni	1
5:00.00	482	H	20/12/09	Rushmoor Royals Club Chmp	Aldershot	Lboro Uni	4

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