

Individual Best Times (All Time)

Daniel Stepton - (40784) - Enfield Swim Squad - 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
2:08.39	662	H	12/04/09	Derventio Excel 3rd Open	Sheffield	Lboro Uni	1
2:09.76	641	F	01/08/09	British Gas Youth Champs	Sheffield	Lboro Uni	1
2:09.95	638	H	01/08/09	British Gas Youth Champs	Sheffield	Lboro Uni	1
2:10.46	631	F	31/07/08	National Youth Champs 2008	Sheffield	Lboro Uni	1
2:11.62	614	H	26/11/11	Essex ASA Winter LC Championships	Basildon	Lboro Uni	1
2:11.81	612	H	31/07/08	National Youth Champs 2008	Sheffield	Lboro Uni	1
2:12.25	606		06/12/09	Northampton Winter Meet	Corby	Lboro Uni	1
2:12.27	605	H	23/05/09	Rotherham Metro LC Meet	Sheffield	Lboro Uni	1
2:12.46	603	F	03/05/09	London Region Youth Champ	Crystal Palace	Lboro Uni	1
2:12.53	602	H	05/08/10	British Gas Youth Champs	Sheffield	Lboro Uni	1
2:13.46	589	H	15/05/10	Rotherham Metro LC Meet	Sheffield	Lboro Uni	1
2:13.54	588	H	11/04/10	Bexley Long Course Meet	London	Lboro Uni	1
2:13.67	586	H	15/10/11	Lincoln Vulcans Open Meet	Sheffield	Lboro Uni	1
2:14.04	582	H	16/01/09	CIG 2009	Geneve, Switzerland	Lboro Uni	1
2:14.08	581	H	01/06/08	Derventio Excel Open Meet	Sheffield	Lboro Uni	1
2:14.40	577	H	10/01/09	City of Derby Open Meet	Sheffield	Lboro Uni	1
2:14.50	576	H	19/07/12	BG ASA National Youth Championships 2012	Sheffield	Lboro Uni	1
2:14.76	572	H	14/05/11	Rotherham Metro Level One Meet	Sheffield	Lboro Uni	1
2:14.81	572	H	22/01/17	Essex Age Group Championships 2017	Basildon	Bark & Dagen	1
2:14.81	572	H	22/01/17	Essex Age Group Championships	London	Bark & Dagen	1
2:14.81	572	H	22/01/17	Essex Age Group Championships 2017	Basildon	Bark & Dagen	1
2:15.01	569	H	31/07/07	ASA Youth & Open 2007	Sheffield	Lboro Uni	1
2:15.04	569	F	01/05/10	BG London Youth Champs	London	Lboro Uni	1
2:15.13	568	F	04/05/08	London Region Youth Champ	Ealing	Lboro Uni	1
2:15.13	568	H	05/02/12	Derventio excel February Festival Open Mee	Sheffield	Lboro Uni	1
2:15.41	564	H	04/05/08	London Region Youth Champ	Ealing	Lboro Uni	1
2:15.45	564	H	03/05/09	London Region Youth Champ	Crystal Palace	Lboro Uni	1

2:15.43	504	H	03/03/09	London Region Youth Champ	Crystal Palace	Lboro Uni	1
2:15.94	558	H	01/05/10	BG London Youth Champs	London	Lboro Uni	1
2:15.98	557	F	16/01/09	CIG 2009	Geneve, Switzerland	Lboro Uni	1
2:16.16	555	H	21/12/08	City of Leeds Xmas Cracker	Leeds	Lboro Uni	1
2:16.20	554	H	23/03/08	City of Sheffield Premier	Sheffield	Lboro Uni	1
2:16.26	554	F	23/03/08	City of Sheffield Premier	Sheffield	Lboro Uni	1
2:16.31	553	H	16/10/10	Lincoln Vulcans Open Meet	Sheffield	Lboro Uni	1
2:16.34	553	F	29/01/10	12th Luxembourg Euro Meet	Luxembourg	Lboro Uni	1
2:16.43	552	H	29/01/10	12th Luxembourg Euro Meet	Luxembourg	Lboro Uni	1
2:16.53	550	H	02/12/07	Snow Frills Winter Meet	Sheffield	Lboro Uni	1
2:16.61	549	H	12/01/08	City of Derby 7th LC Meet	Sheffield	Lboro Uni	1
2:17.84	535	F	18/12/10	Hillingdon Winter Meet	Hillingdon	Lboro Uni	1
2:17.90	534	F	27/07/06	National AG Champs 2006	Sheffield	Lboro Uni	1
2:18.36	529		10/02/07	Wycombe District LC Open	Handy Cross	Lboro Uni	2
2:18.55	527		06/04/07	Leatherhead Easter Open	Crystal Palace	Lboro Uni	2
2:18.90	523	H	27/07/06	National AG Champs 2006	Sheffield	Lboro Uni	1
2:18.91	523		19/04/08	Crawley Spring Open Meet	Crawley	Lboro Uni	1
2:19.06	521	H	27/05/07	Sheffield No Frills Meet	Sheffield	Lboro Uni	1
2:19.47	516	H	16/12/06	Leeds Christmas Cracker	Leeds	Lboro Uni	2
2:20.30	507	H	30/03/07	British Champs TT 2007	Manchester	Lboro Uni	1
2:20.40	506	H	28/05/06	Sheffield No Frills	Sheffield	Lboro Uni	1
2:20.64	503	F	07/05/07	London Region Youths	Crystal Palace	Lboro Uni	1
2:21.58	493	F	03/06/06	London Region Age Groups	Crystal Palace	Lboro Uni	1
2:22.17	487	H	07/05/07	London Region Youths	Crystal Palace	Lboro Uni	1
2:24.05	469	H	30/07/05	ASA National AG Champs 2005	Sheffield	Lboro Uni	1
2:24.36	465	H	03/06/06	London Region Age Groups	Crystal Palace	Lboro Uni	1
2:26.07	449	H	06/05/06	Beckenham Open Meet	Crystal Palace	Lboro Uni	2
2:26.85	442	F	30/07/05	ASA National AG Champs 2005	Sheffield	Lboro Uni	1
2:28.14	431	H	21/05/05	Bracknell Open Meet 2005	Aldershot	Lboro Uni	1
2:29.34	420	H	26/03/05	East Anglian Long Course Meet	Norwich	Lboro Uni	1
2:29.78	417	H	04/06/05	Southern Counties Bagcat Champ	Crystal Palace	Lboro Uni	1
2:30.37	412	F	04/06/05	Southern Counties Bagcat Champ	Crystal Palace	Lboro Uni	1
2:39.88	343	H	12/06/04	SCASA Cheestrings Bagcat Champ	Crystal Palace	Lboro Uni	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:14.81	572	H	22/01/17	Essex Age Group Championships 2017	Basildon	Bark & Dagen	1
2:14.81	572	H	22/01/17	Essex Age Group Championships	London	Bark & Dagen	1
2:14.81	572	H	22/01/17	Essex Age Group Championships 2017	Basildon	Bark & Dagen	1
2:14.50	576	H	19/07/12	BG ASA National Youth Championships 2012	Sheffield	Lboro Uni	1
2:15.13	568	H	05/02/12	Derventio excel February Festival Open Mee	Sheffield	Lboro Uni	1
2:11.62	614	H	26/11/11	Essex ASA Winter LC Championships	Basildon	Lboro Uni	1
2:13.67	586	H	15/10/11	Lincoln Vulcans Open Meet	Sheffield	Lboro Uni	1
2:14.76	572	H	14/05/11	Rotherham Metro Level One Meet	Sheffield	Lboro Uni	1
2:17.84	535	F	18/12/10	Hillingdon Winter Meet	Hillingdon	Lboro Uni	1
2:16.31	553	H	16/10/10	Lincoln Vulcans Open Meet	Sheffield	Lboro Uni	1
2:12.53	602	H	05/08/10	British Gas Youth Champs	Sheffield	Lboro Uni	1
2:13.46	589	H	15/05/10	Rotherham Metro LC Meet	Sheffield	Lboro Uni	1
2:15.04	569	F	01/05/10	BG London Youth Champs	London	Lboro Uni	1
2:15.94	558	H	01/05/10	BG London Youth Champs	London	Lboro Uni	1
2:13.54	588	H	11/04/10	Bexley Long Course Meet	London	Lboro Uni	1
2:16.34	553	F	29/01/10	12th Luxembourg Euro Meet	Luxembourg	Lboro Uni	1
2:16.43	552	H	29/01/10	12th Luxembourg Euro Meet	Luxembourg	Lboro Uni	1

2:12.25	606		06/12/09	Northampton Winter Meet	Corby	Lboro Uni	1
2:09.76	641	F	01/08/09	British Gas Youth Champs	Sheffield	Lboro Uni	1
2:09.95	638	H	01/08/09	British Gas Youth Champs	Sheffield	Lboro Uni	1
2:12.27	605	H	23/05/09	Rotherham Metro LC Meet	Sheffield	Lboro Uni	1
2:12.46	603	F	03/05/09	London Region Youth Champ	Crystal Palace	Lboro Uni	1
2:15.45	564	H	03/05/09	London Region Youth Champ	Crystal Palace	Lboro Uni	1
2:08.39	662	H	12/04/09	Derventio Excel 3rd Open	Sheffield	Lboro Uni	1
2:15.98	557	F	16/01/09	CIG 2009	Geneve, Switzerland	Lboro Uni	1
2:14.04	582	H	16/01/09	CIG 2009	Geneve, Switzerland	Lboro Uni	1
2:14.40	577	H	10/01/09	City of Derby Open Meet	Sheffield	Lboro Uni	1
2:16.16	555	H	21/12/08	City of Leeds Xmas Cracker	Leeds	Lboro Uni	1
2:10.46	631	F	31/07/08	National Youth Champs 2008	Sheffield	Lboro Uni	1
2:11.81	612	H	31/07/08	National Youth Champs 2008	Sheffield	Lboro Uni	1
2:14.08	581	H	01/06/08	Derventio Excel Open Meet	Sheffield	Lboro Uni	1
2:15.13	568	F	04/05/08	London Region Youth Champ	Ealing	Lboro Uni	1
2:15.41	564	H	04/05/08	London Region Youth Champ	Ealing	Lboro Uni	1
2:18.91	523		19/04/08	Crawley Spring Open Meet	Crawley	Lboro Uni	1
2:16.26	554	F	23/03/08	City of Sheffield Premier	Sheffield	Lboro Uni	1
2:16.20	554	H	23/03/08	City of Sheffield Premier	Sheffield	Lboro Uni	1
2:16.61	549	H	12/01/08	City of Derby 7th LC Meet	Sheffield	Lboro Uni	1
2:16.53	550	H	02/12/07	Snow Frills Winter Meet	Sheffield	Lboro Uni	1
2:15.01	569	H	31/07/07	ASA Youth & Open 2007	Sheffield	Lboro Uni	1
2:19.06	521	H	27/05/07	Sheffield No Frills Meet	Sheffield	Lboro Uni	1
2:20.64	503	F	07/05/07	London Region Youths	Crystal Palace	Lboro Uni	1
2:22.17	487	H	07/05/07	London Region Youths	Crystal Palace	Lboro Uni	1
2:18.55	527		06/04/07	Leatherhead Easter Open	Crystal Palace	Lboro Uni	2
2:20.30	507	H	30/03/07	British Champs TT 2007	Manchester	Lboro Uni	1
2:18.36	529		10/02/07	Wycombe District LC Open	Handy Cross	Lboro Uni	2
2:19.47	516	H	16/12/06	Leeds Christmas Cracker	Leeds	Lboro Uni	2
2:17.90	534	F	27/07/06	National AG Champs 2006	Sheffield	Lboro Uni	1
2:18.90	523	H	27/07/06	National AG Champs 2006	Sheffield	Lboro Uni	1
2:21.58	493	F	03/06/06	London Region Age Groups	Crystal Palace	Lboro Uni	1
2:24.36	465	H	03/06/06	London Region Age Groups	Crystal Palace	Lboro Uni	1
2:20.40	506	H	28/05/06	Sheffield No Frills	Sheffield	Lboro Uni	1
2:26.07	449	H	06/05/06	Beckenham Open Meet	Crystal Palace	Lboro Uni	2
2:26.85	442	F	30/07/05	ASA National AG Champs 2005	Sheffield	Lboro Uni	1
2:24.05	469	H	30/07/05	ASA National AG Champs 2005	Sheffield	Lboro Uni	1
2:30.37	412	F	04/06/05	Southern Counties Bagcat Champ	Crystal Palace	Lboro Uni	1
2:29.78	417	H	04/06/05	Southern Counties Bagcat Champ	Crystal Palace	Lboro Uni	1
2:28.14	431	H	21/05/05	Bracknell Open Meet 2005	Aldershot	Lboro Uni	1
2:29.34	420	H	26/03/05	East Anglian Long Course Meet	Norwich	Lboro Uni	1
2:39.88	343	H	12/06/04	SCASA Cheestrings Bagcat Champ	Crystal Palace	Lboro Uni	1