

# Individual Best Times (All Time)

Adel Elfakir - (448806) - Northampton Water Polo Club - 200 Individual Medley - 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
2:12.02	643	F	04/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	Northampton	1
2:12.29	639	H	03/05/15	Midland Swimming Spring Championships 2015	Corby	Northampton	1
2:12.71	633	F	26/03/16	Portsmouth Northsea Easter Festival	Portsmouth	Northampton	1
2:12.90	631	F	04/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	Northampton	1
2:12.96	630	H	23/04/16	National Arena Swimming League 16th B Final	Cardiff	Northampton	1
2:13.11	628	F	13/12/14	NASL East Midlands Regional Final	Coventry	Northampton	3
2:13.95	616	F	03/05/15	Midland Swimming Spring Championships 2015	Corby	Northampton	1
2:14.10	614	F	26/02/17	NASA 2017 County Championships	Corby	Northampton	1
2:14.22	612	H	25/04/15	The National Arena Swimming League 15th B Final	Cardiff	Northampton	1
2:14.26	612	H	19/12/15	Northampton 2015 Long Course Winter Festival	Corby	Northampton	1
2:15.09	600	F	16/05/15	Northampton Spring Festival	Corby	Northampton	1
2:15.42	596	H	20/12/14	Northampton Winter Festival Meet	Corby	Northampton	1
2:15.56	594	H	01/05/16	ASA East Midland Region Swimming Champs	Sheffield	Northampton	1
2:15.60	594	H	31/05/15	Sports Aid Long Course Licensed Meet	Leeds	Northampton	1
2:15.82	591	H	16/05/15	Northampton Spring Festival	Corby	Northampton	1
2:16.49	582	F	23/01/16	Northamptonshire County Championships	Corby	Northampton	1
2:16.51	582	F	26/03/16	Portsmouth Northsea Easter Festival	Portsmouth	Northampton	1
2:17.11	574	H	07/02/15	Northamptonshire ASA 2015 County Championships	Corby	Northampton	1
2:17.45	570	H	14/05/16	Northampton 2016 Long Course Spring Festival	Corby	Northampton	1
2:17.86	565	H	26/02/17	NASA 2017 County Championships	Corby	Northampton	1
2:18.14	562	H	29/05/16	Plymouth Leander Level 1 National Qualifier 2016	Plymouth	Northampton	1
2:19.48	545	H	15/04/17	PNSC Easter Meet	Portsmouth	Northampton	1
2:19.51	545	F	19/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	Northampton	1
2:19.56	545	H	10/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	Northampton	1
2:20.07	539		16/02/14	2014 NASA County Championships	Corby	Northampton	1
2:21.15	526	H	17/05/14	Northampton SC Spring Festival Open Meet	Corby	Northampton	1
2:22.02	514	F	01/05/16	ASA East Midland Region Swimming Champs	Sheffield	Northampton	1

2:22.23	514	F	01/05/16	ASA East Midland Region Swimming Champs	Sheffield	Northampton	1
2:23.16	504	H	24/01/16	Northamptonshire County Championships	Corby	Northampton	1
2:25.92	476	H	04/05/13	Midland Youth Championships	Corby	Northampton	1
2:27.23	464		17/02/13	Northants ASA 2013 County Championships	Corby	Northampton	1
2:27.64	460	H	15/12/12	Northampton SC Winter Festival Open Meet	Corby	Northampton	1
2:29.13	446	H	14/07/12	Northampton SC Summer Festival Meet 2012	Corby	Northampton	4
2:30.93	430	H	05/05/12	ASA Midlands Youth Championships	Coventry	Northampton	1
2:34.81	399	H	28/01/12	ASA Central Zone Meet	Corby	Northampton	1
2:35.43	394	H	19/05/12	Northampton SC May Open Meet	Corby	Northampton	1
2:35.52	393	H	08/05/11	City of Coventry May Open Meet	Coventry	Northampton	1
2:37.78	377	H	09/07/11	Northampton SC Summer Festival Open Meet	Corby	Northampton	4

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