

Individual Best Times (All Time)

Naomi Van Dongen - (782966) - Alton & District Swimming Club - 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
5:00.81	479		02/03/14	Hampshire County Championships	Portsmouth	Alton & Dist	1
5:04.81	460	H	11/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	Alton & Dist	3
5:08.14	445	H	15/03/15	Hampshire County ASA Championships	Portsmouth		1
5:12.38	427	F	01/12/13	Portsmouth Northsea Cracker Meet	Portsmouth	Alton & Dist	1
5:36.32	342		04/03/12	Hampshire County Championships	Portsmouth	Alton & Dist	1

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