

Individual Best Times (All Time)

Naomi Van Dongen - (782966) - Alton & District Swimming Club - 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
2:40.86	625	H	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield		1
2:42.28	608	F	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield		1
2:42.62	605	H	09/02/20	Hampshire County Championships 2020	Portsmouth	Rushmoor Ryl	1
2:43.64	593	H	15/03/20	Edinburgh International	Edinburgh	Bath Univ	1
2:43.70	593	F	01/08/19	Swim England National Summer Meet	Sheffield	Bath Univ	1
2:43.83	591	H	13/12/19	Amsterdam Euro Cup	Amsterdam, Holland		1
2:44.09	589	H	04/02/18	Hampshire County Championships 2018	Mountbatten LC	Rushmoor Ryl	1
2:44.36	586	F	01/04/16	Scottish National Age Group Championships	Glasgow	Alton & Dist	1
2:44.64	583	H	06/05/18	Swim England South East Championships 2018	Wycombe	Rushmoor Ryl	1
2:44.67	582	H	06/05/18	Swim England South East Championships 2018	Wycombe	Rushmoor Ryl	1
2:44.67	582	H	01/08/19	Swim England National Summer Meet	Sheffield	Bath Univ	1
2:44.92	580	H	12/02/17	Hampshire County Swimming Championships 2017	Portsmouth	Alton & Dist	1
2:45.92	569	H	25/05/19	City of Cardiff International Open Meet	Cardiff	Bath Univ	1
2:46.01	568	F	30/03/17	Scottish National Age Group Championships	Aberdeen	Alton & Dist	1
2:46.59	562	H	05/05/19	Swim England 15 Over Swimming Championships 2019	Wycombe	Rushmoor Ryl	1
2:46.63	562	H	26/05/18	London Swimming 2018 Long Course Summer Open	London	Rushmoor Ryl	1
2:47.00	558	F	29/03/18	Scottish National Age Group Championships	Tollcross	Rushmoor Ryl	1
2:47.01	558	H	01/04/16	Scottish National Age Group Championships	Glasgow	Alton & Dist	1
2:47.54	553	H	01/05/16	ASA South East Region Swimming Championships	Portsmouth	Alton & Dist	1
2:47.87	550	H	01/08/18	Swim England National Summer Meet	Sheffield	Rushmoor Ryl	1
2:48.15	547	F	25/05/19	City of Cardiff International Open Meet	Cardiff	Bath Univ	1
2:48.92	539	H	01/05/16	ASA South East Region Swimming Championships	Portsmouth	Alton & Dist	1
2:49.23	536	F	29/05/17	PNSC May Madness Meet	Portsmouth	Alton & Dist	1
2:49.40	535	H	05/11/17	Swim England SE - 2017 Open & Junior Champs	Portsmouth	Rushmoor Ryl	1
2:49.43	535	H	29/03/18	Scottish National Age Group Championships	Tollcross	Rushmoor Ryl	1
2:49.69	532	H	30/03/17	Scottish National Age Group Championships	Aberdeen	Alton & Dist	1
2:49.78	532	H	27/07/16	British Summer Championships	Sheffield	Alton & Dist	1

2:49.73	552	H	27/07/16	British Summer Championships	Sheffield	Alton & Dist	1
2:50.12	528	H	18/03/17	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	Alton & Dist	1
2:50.12	528	F	26/03/17	Guildford City Springboard Level 1 Open Meet	Surrey	Alton & Dist	1
2:50.21	527	H	30/04/17	ASA South East Region Championships 2017	Wycombe	Alton & Dist	1
2:51.49	516	H	30/04/17	ASA South East Region Championships 2017	Wycombe	Alton & Dist	1
2:51.51	515	F	18/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove	Rushmoor Ryl	1
2:51.67	514	H	07/02/16	Hampshire County Swimming Championships 2016	Portsmouth	Alton & Dist	1
2:52.44	507	H	07/02/16	Hampshire County Swimming Championships 2016	Portsmouth	Alton & Dist	1
2:57.57	464	F	18/04/15	Crawley Spring LC Open Meet 2015	Crawley	Alton & Dist	1
2:58.99	453	H	12/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	Alton & Dist	3
3:04.05	417	H	15/03/15	Hampshire County ASA Championships	Portsmouth		1
3:06.01	404	F	11/01/14	Portsmouth Northsea New Year Open Meet	Portsmouth	Alton & Dist	1
3:07.38	395	F	01/12/13	Portsmouth Northsea Cracker Meet	Portsmouth	Alton & Dist	1
3:07.73	393	H	18/01/14	Rushmoor Royals January L1 Open Meet	Crawley	Alton & Dist	1
3:10.10	378	H	20/04/14	Rushmoor Royals Easter L1 Open Meet	Aldershot	Alton & Dist	1

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