

# Individual Best Times (All Time)

Naomi Van Dongen - (782966) - Alton & District Swimming Club - 400 Freestyle - Short 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
4:49.84	508	F	30/11/14	Portsmouth Northsea Christmas Cracker	Portsmouth	Alton & Dist	2
4:50.18	506	F	31/10/15	Alton & District SC Autumn Club Championships	Alton	Alton & Dist	4
4:51.53	499	H	17/10/15	Rushmoor Royals SC 12th Autumn Open Meet	Aldershot	Alton & Dist	2
4:53.29	490	H	16/11/14	Hampshire Schools Championships	Waterlooville	Alton & Dist	3
4:53.92	487	F	25/06/16	Alton District Club Championships	Alton	Alton & Dist	4
4:54.13	486	F	05/10/14	14th James Moreno Open Meet	Southampton	Alton & Dist	2
5:09.60	416		06/10/13	City of Southampton SC James Moreno Open	Southampton	Alton & Dist	2
5:21.97	370		10/02/13	City of Southampton Open Meet	Southampton	Alton & Dist	2
5:38.53	318		21/01/12	Alton & District Club Championships	Alton	Alton & Dist	4
5:42.48	308		19/01/13	Alton & District SC Club Championships	Alton	Alton & Dist	4

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