

Individual Best Times (All Time)

Jack Foale - (1601418) - Aberystwyth and District Swimmin

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.82	36.40	178	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Freestyle	1:23.29	1:24.30	156	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Freestyle	3:13.60	3:15.40	135	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
50 Breaststroke	56.71	57.30	85	13/01/24	Nofio Sir Gar Performance Swimming's Open Meet 24	Carmarthen	WL240161	3
100 Breaststroke	2:25.25	2:26.10	55	15/01/23	NSG Swimming Invitational Meet inc Carmarthenshire	Carmarthen	WL230002	3
50 Butterfly	41.01	41.50	149	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
50 Backstroke	43.99	44.40	126	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Backstroke	1:33.79	1:34.60	136	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
200 Individual Medley	3:30.62	3:32.50	141	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
100 Individual Medley	2:03.94	2:03.90	62	11/12/22	Carmarthen Christmas Open Meet 2022	Carmarthen	WL220454	3