

Individual Best Times (All Time)

Llinos Jones - (871674) - Denbighshire Development Team

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.18	33.80	330	11/04/15	City of Bangor - Bangor Diddy Meet	Llandudno	WL150660	3
100 Freestyle	1:22.85	1:23.90	223	06/07/13	Holywell Summer Sprint	Holywell	WAL508	4
50 Breaststroke	45.44	46.10	243	11/04/15	City of Bangor - Bangor Diddy Meet	Llandudno	WL150660	3
100 Breaststroke	1:43.06	1:44.30	221	04/07/15	Holywell Summer Sprints	Holywell	WL150892	3
200 Breaststroke	4:11.07	4:13.20	153	22/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
50 Butterfly	43.95	44.40	170	11/04/15	City of Bangor - Bangor Diddy Meet	Llandudno	WL150660	3
50 Backstroke	40.97	41.50	234	11/04/15	City of Bangor - Bangor Diddy Meet	Llandudno	WL150660	3
100 Backstroke	1:33.16	1:34.00	204	06/07/13	Holywell Summer Sprint	Holywell	WAL508	4
200 Individual Medley	4:07.90	4:09.50	118	23/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4