

# Individual Best Times (All Time)

Osian Milner - (97000372) - Rhyl Dolphins SC

Short Course

| Stroke           | SC Time | Converted to LC | SC WA Pts | Date     | Meet                             | Venue     | License  | Level |
|------------------|---------|-----------------|-----------|----------|----------------------------------|-----------|----------|-------|
| 50 Freestyle     | 36.76   | 37.30           | 164       | 17/03/24 | Swim Conwy Spring Meet 2024      | Llandudno | WL240498 | 3     |
| 100 Freestyle    | 1:22.87 | 1:23.90         | 158       | 17/03/24 | Swim Conwy Spring Meet 2024      | Llandudno | WL240498 | 3     |
| 50 Breaststroke  | 1:08.75 | 1:09.20         | 47        | 16/10/22 | Swim Conwy Autumn Gala           | Llandudno | WL221497 | 2     |
| 100 Breaststroke | 1:53.75 | 1:54.90         | 114       | 16/03/24 | Swim Conwy Spring Meet 2024      | Llandudno | WL240498 | 3     |
| 200 Breaststroke | 4:19.70 | 4:21.70         | 99        | 06/01/24 | Holywell ASC Valentine Gala 2024 | Holywell  | WL240194 | 3     |
| 50 Backstroke    | 52.46   | 52.80           | 74        | 16/10/22 | Swim Conwy Autumn Gala           | Llandudno | WL221497 | 2     |
| 100 Backstroke   | 1:35.70 | 1:36.50         | 128       | 16/03/24 | Swim Conwy Spring Meet 2024      | Llandudno | WL240498 | 3     |