

Individual Best Times (All Time)

Iyla Berner - (97002050) - Nofio Sir Gar

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.46	28.70	514	09/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
100 Freestyle	1:05.04	1:03.70	502	09/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
200 Freestyle	2:25.89	2:23.50	462	09/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
400 Freestyle	5:24.38	5:20.00	382	11/02/24	Swim Wales Regional Racing Series - West 2024	Swansea	WL240022	1
50 Breaststroke	39.29	38.50	408	04/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
100 Breaststroke	1:29.53	1:28.10	367	08/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
200 Breaststroke	3:22.20	3:19.60	314	04/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
50 Butterfly	32.66	32.10	418	04/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
100 Butterfly	1:13.70	1:12.70	426	08/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
50 Backstroke	34.88	34.30	456	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
100 Backstroke	1:17.09	1:16.00	411	09/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
200 Backstroke	3:43.50	3:42.00	167	18/03/23	Tiger Bay Open Meet 2023	Cardiff	WL230295	3
200 Individual Medley	2:43.59	2:41.20	458	08/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1
400 Individual Medley	6:05.06	6:00.20	386	09/06/24	Torfaen Dolphins Long Course Meet 2024	Cardiff	WL240163	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.99	30.70	446	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Freestyle	1:05.70	1:07.00	447	25/02/24	Llanelli Open Meet Level 2 and 3 Combined 2024	Llanelli	WL240256	2
200 Freestyle	2:24.64	2:27.00	443	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
400 Freestyle	5:24.66	5:29.00	361	12/11/23	Amman Valley SC Mid-distance Development Meet 2023	Carmarthen	WL232007	3
50 Breaststroke	38.26	39.10	407	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Breaststroke	1:27.11	1:28.50	366	27/04/24	Wrexham Spring Meet 2024	Wrexham	WL240611	2
200 Breaststroke	3:13.36	3:16.10	337	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
50 Butterfly	32.68	33.30	415	27/04/24	Wrexham Spring Meet 2024	Wrexham	WL240611	2
100 Butterfly	1:13.50	1:14.50	397	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Butterfly	2:56.29	2:58.10	312	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
50 Backstroke	34.61	35.20	388	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Backstroke	1:15.23	1:16.30	388	25/02/24	Llanelli Open Meet Level 2 and 3 Combined 2024	Llanelli	WL240256	2
200 Backstroke	2:41.12	2:43.20	402	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Individual Medley	2:40.06	2:42.50	441	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
400 Individual Medley	5:50.06	5:55.10	404	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Individual Medley	1:20.31	1:20.30	348	08/10/23	Llanelli ASC Autumn Meet 2023	Llanelli	WL230637	3