

Individual Best Times (All Time)

Logan Fretwell - (97005594) - Milford Haven

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	47.02	47.50	78	07/04/24	Amman Valley No Time Gala 2024	Carmarthen	WL240500	3
100 Freestyle	1:39.39	1:40.20	91	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
50 Breaststroke	1:09.74	1:10.20	45	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
50 Backstroke	47.72	48.10	99	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
100 Backstroke	1:48.39	1:49.10	88	11/05/24	Nofio Sir Gar Short Course Development Meet 2024	Carmarthenshire	WL240259	3
100 Individual Medley	1:57.65	1:57.70	73	07/04/24	Amman Valley No Time Gala 2024	Carmarthen	WL240500	3