

# Individual Best Times (All Time)

Iestyn Francis - (735801) - Rhondda Cynon Taf Performance Sw - 50 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
27.78	426	H	26/07/15	Swim Wales Summer Open Meet	Swansea		1
28.07	413	F	04/10/15	RTC Performance Swim Squad Open	Cardiff	RCT Squad	1
30.53	321	F	16/11/13	City of Cardiff Capital Open Meet	Cardiff		1
30.57	320	H	27/07/13	Swim Wales Summer Nationals	Swansea		1
30.68	316	F	21/09/13	British Gas Swim Wales Legends Meet	Swansea		3
30.69	316	H	06/06/14	Cardiff International Open Meet	Cardiff		1
31.00	306	F	23/03/13	City of Cardiff SC Tiger Bay Open Meet	Cardiff		3
31.01	306	H	18/05/13	Swim Swansea Annual LC Meet	Swansea		1
32.02	278	F	17/11/12	Welsh Capital Open Meet 2012	Cardiff		1
32.47	267	H	23/09/12	City of Sheffield Teaspoon Gala	Sheffield		3
32.77	259	F	24/03/12	Tiger Bay Open Meet	Cardiff		1
33.24	248	F	26/02/12	City of Cardiff Invitational Meet	Cardiff		4
34.94	214	F	20/01/12	British Gas Swim Wales New Year Meet 2012	Swansea		1
35.92	197	H	18/09/11	City of Sheffield Teaspoon Gala	Sheffield		4
41.81	125	F	24/10/10	3 Towers Open Meet	Millfield		3

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