

Individual Best Times (All Time)

Iestyn Francis - (735801) - Rhondda Cynon Taf Performance Sw - 400 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
5:01.61	388	F	04/10/15	RTC Performance Swim Squad Open	Cardiff	RCT Squad	1
5:11.13	353	F	12/01/14	British Gas Swim Wales New Year Meet	Swansea		1
5:26.43	306	F	22/09/13	British Gas Swim Wales Legends Meet	Swansea		3
5:28.42	300	F	24/03/13	City of Cardiff SC Tiger Bay Open Meet	Cardiff		3
5:46.16	256	F	30/07/13	Swim Wales Summer Nationals	Swansea		1

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