

# Individual Best Times (All Time)

Thomas Rogowski - (754021) - Llandudno Swimming - 50 Backstroke - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
49.33	108	F	27/11/11	Welsh Capital Open Meet	Cardiff	Llandudno	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
49.33	108	F	27/11/11	Welsh Capital Open Meet	Cardiff	Llandudno	1