

# Individual Best Times (All Time)

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

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
55.40	102	F	26/11/11	Welsh Capital Open Meet	Cardiff	Llandudno	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
55.40	102	F	26/11/11	Welsh Capital Open Meet	Cardiff	Llandudno	1