

Individual Best Times (All Time)

Aled Conlon - (954246) - Carmarthen - 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 |
|-------|--------|-------|----------|--|------------------|-----------------|-------|
| 30.33 | 327 | H | 29/07/19 | Swim Wales Summer Nationals | Swansea | Nofio S Gar | 1 |
| 30.94 | 308 | H | 12/05/19 | Swansea Aquatics Centenary 2019 LC Open Meet | WNPS | Carmarthen | 1 |
| 31.07 | 304 | F | 17/02/19 | Swansea Aquatics Spring Long Course 2019 | WNPS | Carmarthen | 1 |
| 31.20 | 301 | H | 24/05/19 | City of Cardiff International Open Meet | Cardiff | Carmarthen | 1 |
| 31.34 | 297 | F | 07/04/19 | City of Wells Open Meet 2019 | Millfield School | Carmarthen | 3 |
| 31.47 | 293 | F | 08/04/18 | City of Wells Open Meet 2018 | Millfield | Carmarthen | 3 |
| 31.49 | 292 | H | 03/08/18 | Swim Wales Summer Nationals | Swansea | Nofio S Gar | 1 |
| 31.94 | 280 | H | 12/05/18 | Swansea Aquatics Long Course Meet 2018 | WNPS | Carmarthen | 1 |
| 32.59 | 264 | F | 19/11/17 | Swansea Aquatics Long Course Autumn Meet | Swansea | Carmarthen | 1 |
| 32.92 | 256 | H | 04/08/17 | Swim Wales Summer Nationals | Swansea | Nofio S Gar | 1 |
| 33.45 | 244 | F | 19/03/17 | City of Cardiff Tiger Bay Open Meet 2017 | Cardiff | Carmarthen | 3 |
| 33.72 | 238 | H | 14/05/17 | Swansea Aquatics Long Course Meet 2017 | Swansea | Nofio S Gar | 1 |
| 33.98 | 233 | F | 09/04/17 | City of Wells Open Meet | Millfield | Carmarthen | 3 |
| 35.76 | 199 | F | 10/04/16 | City of Wells Open Meet | Millfield | Carmarthen | 3 |
| 37.50 | 173 | F | 12/03/16 | City of Cardiff Tiger Bay Meet | Cardiff | Carmarthen | 3 |
| 38.71 | 157 | F | 24/10/15 | Neath ASC Open Meet 2015- Aquatic Pentathlon | Swansea | Carmarthen | 3 |
| 44.48 | 103 | F | 02/11/14 | Neath Open Level 4 Meet | Swansea | Carmarthen | 4 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|-------|--------|-------|----------|--|------------------|-----------------|-------|
| 30.33 | 327 | H | 29/07/19 | Swim Wales Summer Nationals | Swansea | Nofio S Gar | 1 |
| 31.20 | 301 | H | 24/05/19 | City of Cardiff International Open Meet | Cardiff | Carmarthen | 1 |
| 30.94 | 308 | H | 12/05/19 | Swansea Aquatics Centenary 2019 LC Open Meet | WNPS | Carmarthen | 1 |
| 31.34 | 297 | F | 07/04/19 | City of Wells Open Meet 2019 | Millfield School | Carmarthen | 3 |
| 31.07 | 304 | F | 17/02/19 | Swansea Aquatics Spring Long Course 2019 | WNPS | Carmarthen | 1 |
| 31.49 | 292 | H | 03/08/18 | Swim Wales Summer Nationals | Swansea | Nofio S Gar | 1 |

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| 32.59 | 264 | F | 19/11/17 | Swansea Aquatics Long Course Autumn Meet | Swansea | Carmarthen | 1 |
| 32.92 | 256 | H | 04/08/17 | Swim Wales Summer Nationals | Swansea | Nofio S Gar | 1 |
| 33.72 | 238 | H | 14/05/17 | Swansea Aquatics Long Course Meet 2017 | Swansea | Nofio S Gar | 1 |
| 33.98 | 233 | F | 09/04/17 | City of Wells Open Meet | Millfield | Carmarthen | 3 |
| 33.45 | 244 | F | 19/03/17 | City of Cardiff Tiger Bay Open Meet 2017 | Cardiff | Carmarthen | 3 |
| 35.76 | 199 | F | 10/04/16 | City of Wells Open Meet | Millfield | Carmarthen | 3 |
| 37.50 | 173 | F | 12/03/16 | City of Cardiff Tiger Bay Meet | Cardiff | Carmarthen | 3 |
| 38.71 | 157 | F | 24/10/15 | Neath ASC Open Meet 2015- Aquatic Pentathlon | Swansea | Carmarthen | 3 |
| 44.48 | 103 | F | 02/11/14 | Neath Open Level 4 Meet | Swansea | Carmarthen | 4 |