

Individual Best Times (All Time)

Aled Conlon - (954246) - Carmarthen - 50 Backstroke - 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
34.47	318	H	01/08/19	Swim Wales Summer Nationals	Swansea	Nofio S Gar	1
34.97	305	H	21/04/19	Swim Wales Long Course Championships	WNPS	Nofio S Gar	1
35.05	303	F	16/02/19	Swansea Aquatics Spring Long Course 2019	WNPS	Carmarthen	1
35.18	299	H	05/08/18	Swim Wales Summer Nationals	Swansea	Nofio S Gar	1
35.24	298	H	01/04/18	Swim Wales LC Championships	Swansea	Nofio S Gar	1
35.32	296	H	13/05/18	Swansea Aquatics Long Course Meet 2018	WNPS	Carmarthen	1
35.52	291	H	25/05/18	Cardiff International Open Meet	Cardiff	Carmarthen	1
35.65	288	H	24/05/19	City of Cardiff International Open Meet	Cardiff	Carmarthen	1
36.09	277	F	24/02/18	Swansea Aquatics Long Course Spring Meet	Swansea	Carmarthen	1
36.38	271	H	12/05/19	Swansea Aquatics Centenary 2019 LC Open Meet	WNPS	Carmarthen	1
37.33	251	H	06/08/17	Swim Wales Summer Nationals	Swansea		1
38.32	232	F	08/04/17	City of Wells Open Meet	Millfield	Carmarthen	3
38.77	224	F	13/05/17	Swansea Aquatics Long Course Meet 2017	Swansea	Nofio S Gar	1
41.88	177	F	13/03/16	City of Cardiff Tiger Bay Meet	Cardiff	Carmarthen	3
43.11	163	F	09/04/16	City of Wells Open Meet	Millfield	Carmarthen	3
45.86	135	F	24/10/15	Neath ASC Open Meet 2015- Aquatic Pentathlon	Swansea	Carmarthen	3
45.90	135	F	22/03/15	City of Cardiff Tiger Bay Meet	Cardiff	Carmarthen	3

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