

# Individual Best Times (All Time)

Aled Conlon - (954246) - Carmarthen - 200 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
2:43.26	322	H	31/07/19	Swim Wales Summer Nationals	Swansea	Nofio S Gar	1
2:44.42	315	H	12/05/18	Swansea Aquatics Long Course Meet 2018	WNPS	Carmarthen	1
2:45.65	308	F	24/02/18	Swansea Aquatics Long Course Spring Meet	Swansea	Carmarthen	1
2:46.07	306	H	24/05/19	City of Cardiff International Open Meet	Cardiff	Carmarthen	1
2:47.07	300	H	25/05/18	Cardiff International Open Meet	Cardiff	Carmarthen	1
2:47.83	296	H	11/05/19	Swansea Aquatics Centenary 2019 LC Open Meet	WNPS	Carmarthen	1
2:48.07	295	F	16/02/19	Swansea Aquatics Spring Long Course 2019	WNPS	Carmarthen	1
2:48.84	291	F	07/04/19	City of Wells Open Meet 2019	Millfield School	Carmarthen	3
2:56.08	256	H	31/07/17	Swim Wales Summer Nationals	Swansea	Nofio S Gar	1
2:57.18	252	F	09/04/17	City of Wells Open Meet	Millfield	Carmarthen	3
2:58.89	244	F	13/05/17	Swansea Aquatics Long Course Meet 2017	Swansea	Nofio S Gar	1
2:59.17	243	F	19/03/17	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	Carmarthen	3
3:15.83	186	F	12/03/16	City of Cardiff Tiger Bay Meet	Cardiff	Carmarthen	3
3:21.98	170	F	14/05/16	City of Swansea Long Course Meet 2016	Swansea	Nofio S Gar	1
3:22.35	169	F	10/04/16	City of Wells Open Meet	Millfield	Carmarthen	3

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:43.26	322	H	31/07/19	Swim Wales Summer Nationals	Swansea	Nofio S Gar	1
2:46.07	306	H	24/05/19	City of Cardiff International Open Meet	Cardiff	Carmarthen	1
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