

# Individual Best Times (All Time)

Aled Conlon - (954246) - Carmarthen - 200 Individual Medley - 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
2:53.89	281	H	27/05/18	Cardiff International Open Meet	Cardiff	Carmarthen	1
2:53.93	281	F	08/04/18	City of Wells Open Meet 2018	Millfield	Carmarthen	3
2:54.17	280	F	17/02/19	Swansea Aquatics Spring Long Course 2019	WNPS	Carmarthen	1
2:55.68	273	F	19/11/17	Swansea Aquatics Long Course Autumn Meet	Swansea	Carmarthen	1
2:56.60	268	F	25/02/18	Swansea Aquatics Long Course Spring Meet	Swansea	Carmarthen	1
2:56.83	267	F	07/04/19	City of Wells Open Meet 2019	Millfield School	Carmarthen	3
3:05.90	230	F	09/04/17	City of Wells Open Meet	Millfield	Carmarthen	3
3:07.83	223	H	28/05/17	Cardiff International Open Meet 2017	Cardiff	Nofio S Gar	1
3:10.93	212	F	19/03/17	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	Carmarthen	3
3:11.62	210	F	03/08/16	Swim Wales Summer Development Meet	Swansea	Nofio S Gar	3
3:17.08	193	F	13/03/16	City of Cardiff Tiger Bay Meet	Cardiff	Carmarthen	3
3:19.15	187	F	10/04/16	City of Wells Open Meet	Millfield	Carmarthen	3
3:21.65	180	H	15/05/16	City of Swansea Long Course Meet 2016	Swansea	Nofio S Gar	1
3:24.39	173	F	09/01/16	Swim Wales New Year Meet	Swansea	Carmarthen	1
3:24.90	172	F	24/10/15	Neath ASC Open Meet 2015- Aquatic Pentathlon	Swansea	Carmarthen	3

## Swims in Date Order

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