

Individual Best Times (All Time)

Aled Conlon - (954246) - Carmarthen - 400 Individual Medley - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:40.84	221	F	08/04/17	City of Wells Open Meet	Millfield	Carmarthen	3

Swims in Date Order

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