

Individual Best Times (All Time)

Aled Conlon - (954246) - Carmarthen - 200 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 |
|---------|--------|-------|----------|--|-----------|-----------------|-------|
| 2:28.15 | 326 | H | 01/08/19 | Swim Wales Summer Nationals | Swansea | Nofio S Gar | 1 |
| 2:30.51 | 311 | H | 13/05/18 | Swansea Aquatics Long Course Meet 2018 | WNPS | Carmarthen | 1 |
| 2:31.06 | 307 | F | 17/02/19 | Swansea Aquatics Spring Long Course 2019 | WNPS | Carmarthen | 1 |
| 2:32.43 | 299 | H | 25/05/18 | Cardiff International Open Meet | Cardiff | Carmarthen | 1 |
| 2:32.48 | 299 | H | 12/05/19 | Swansea Aquatics Centenary 2019 LC Open Meet | WNPS | Carmarthen | 1 |
| 2:32.60 | 298 | H | 01/08/18 | Swim Wales Summer Nationals | Swansea | Nofio S Gar | 1 |
| 2:32.89 | 296 | F | 07/04/18 | City of Wells Open Meet 2018 | Millfield | Carmarthen | 3 |
| 2:35.24 | 283 | F | 19/11/17 | Swansea Aquatics Long Course Autumn Meet | Swansea | Carmarthen | 1 |
| 2:43.90 | 241 | H | 02/08/17 | Swim Wales Summer Nationals | Swansea | Nofio S Gar | 1 |
| 2:57.45 | 189 | F | 02/08/16 | Swim Wales Summer Development Meet | Swansea | Nofio S Gar | 3 |
| 2:57.72 | 189 | F | 09/04/16 | City of Wells Open Meet | Millfield | Carmarthen | 3 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
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