Individual Best Times (All Time)

Aled Conlon - (954246) - Carmarthen - 400 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
5:22.60	317	F	27/05/18	Cardiff International Open Meet	Cardiff	Carmarthen	1
5:27.13	304	F	05/08/18	Swim Wales Summer Nationals	Swansea	Nofio S Gar	1
5:28.80	299	F	08/04/18	City of Wells Open Meet 2018	Millfield	Carmarthen	3
5:30.10	296	F	18/11/17	Swansea Aquatics Long Course Autumn Meet	Swansea	Carmarthen	1
5:43.59	262	F	03/08/17	Swim Wales Summer Nationals	Swansea	Nofio S Gar	1
5:48.72	251	F	13/05/17	Swansea Aquatics Long Course Meet 2017	Swansea	Nofio S Gar	1
5:50.32	247	F	19/03/17	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	Carmarthen	3

Swims in Date Order

WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
304	F	05/08/18	Swim Wales Summer Nationals	Swansea	Nofio S Gar	1
317	F	27/05/18	Cardiff International Open Meet	Cardiff	Carmarthen	1
299	F	08/04/18	City of Wells Open Meet 2018	Millfield	Carmarthen	3
296	F	18/11/17	Swansea Aquatics Long Course Autumn Meet	Swansea	Carmarthen	1
262	F	03/08/17	Swim Wales Summer Nationals	Swansea	Nofio S Gar	1
251	F	13/05/17	Swansea Aquatics Long Course Meet 2017	Swansea	Nofio S Gar	1
247	F	19/03/17	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	Carmarthen	3
	304 317 299 296 262 251	304 F 317 F 299 F 296 F 262 F 251 F	304 F 05/08/18 317 F 27/05/18 299 F 08/04/18 296 F 18/11/17 262 F 03/08/17 251 F 13/05/17	304 F 05/08/18 Swim Wales Summer Nationals 317 F 27/05/18 Cardiff International Open Meet 299 F 08/04/18 City of Wells Open Meet 2018 296 F 18/11/17 Swansea Aquatics Long Course Autumn Meet 262 F 03/08/17 Swim Wales Summer Nationals 251 F 13/05/17 Swansea Aquatics Long Course Meet 2017	304 F 05/08/18 Swim Wales Summer Nationals Swansea 317 F 27/05/18 Cardiff International Open Meet Cardiff 299 F 08/04/18 City of Wells Open Meet 2018 Millfield 296 F 18/11/17 Swansea Aquatics Long Course Autumn Meet Swansea 262 F 03/08/17 Swim Wales Summer Nationals Swansea 251 F 13/05/17 Swansea Aquatics Long Course Meet 2017 Swansea	304 F 05/08/18 Swim Wales Summer Nationals Swansea Nofio S Gar 317 F 27/05/18 Cardiff International Open Meet Cardiff Carmarthen 299 F 08/04/18 City of Wells Open Meet 2018 Millfield Carmarthen 296 F 18/11/17 Swansea Aquatics Long Course Autumn Meet Swansea Carmarthen 262 F 03/08/17 Swim Wales Summer Nationals Swansea Nofio S Gar 251 F 13/05/17 Swansea Aquatics Long Course Meet 2017 Swansea Nofio S Gar

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