

# 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

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5:50.32	247	F	19/03/17	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	Carmarthen	3