

# Individual Best Times (All Time)

Iestyn Francis - (735801) - Rhondda Cynon Taf Performance Sw - 100 Backstroke - Short 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
1:12.17	300	F	11/07/15	Torfaen Dolphins Spring Meet 2015	Newport		2
1:14.74	270	F	24/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	RCT Squad	3
1:16.17	255	H	01/02/15	SWER Regional Championships	Newport		2
1:18.82	230	F	25/10/14	Walkers Tigers 33rd Autumn Open Meet	Jersey		3
1:19.82	221	F	04/10/14	Llantrisant Sharks Open Meet	Rhondda		3
1:20.09	219	F	21/06/14	Torfaen Dolphins Spring Meet 2014	Newport		2
1:20.99	212	F	29/06/13	Torfaen Dolphins Open Meet 2013	Newport		2
1:21.26	210	H	01/02/14	South East Wales Regional Championships	Newport		2
1:22.55	200	F	26/10/13	Tigers (Jersey) SC32nd Autumn Open Meet	Jersey		3
1:22.68	199	F	01/12/13	South East Wales Sub Regional Gala	Newport		4
1:23.91	191	F	05/10/13	Llantrisant Sharks Open Meet	Rhondda		3
1:29.74	156	F	27/10/12	Tigers SC 31st Autumn Open Meet	Jersey		3
1:32.21	143	H	12/02/12	South East Wales Regional Championships	Newport		2
1:33.23	139	F	23/06/12	Torfaen SC Open Meet 2012	Torfaen		2
1:33.79	136	H	01/10/11	Llantrisant Sharks Birthday Gala	Llantrisant		3
1:35.94	127	F	22/10/11	AIB Tigers 30th Autumn Open Meet Level 3	Jersey		3
1:38.36	118	F	11/12/11	Llantrisant Sharks Club Championships	Llantrisant		4
1:40.86	110		25/06/11	Torfaen Open Meet	Newport		2
1:55.51	73	H	02/10/10	Llantrisant Open Meet	LLantrisant		4
1:55.56	73	F	06/06/10	SE Wales Development	Newport		4

## Swims in Date Order

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1:14.74	270	F	24/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	RCT Squad	3
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1:55.51	73	H	02/10/10	Llantrisant Open Meet	LLantrisant	4
1:55.56	73	F	06/06/10	SE Wales Development	Newport	4