

Individual Best Times (All Time)

Iestyn Francis - (735801) - Rhondda Cynon Taf Performance Sw - 200 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
2:44.75	263	F	02/02/15	SWER Regional Championships	Newport		2
2:46.25	256	F	26/10/14	Walkers Tigers 33rd Autumn Open Meet	Jersey		3
2:48.14	247	F	25/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	RCT Squad	3
2:52.48	229	F	27/10/13	Tigers (Jersey) SC32nd Autumn Open Meet	Jersey		3
3:01.91	195	F	28/10/12	Tigers SC 31st Autumn Open Meet	Jersey		3
3:02.56	193	F	25/11/12	South East Wales Sub Regional Meet	Newport		4
3:21.03	145	F	23/10/11	AIB Tigers 30th Autumn Open Meet Level 3	Jersey		3
3:34.17	119		25/06/11	Torfaen Open Meet	Newport		2

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