

Individual Best Times (All Time)

Iestyn Francis - (735801) - Rhondda Cynon Taf Performance Sw - 200 Freestyle - 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
2:17.63	376	F	24/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	RCT Squad	3
2:17.91	374	F	04/10/14	Llantrisant Sharks Open Meet	Rhondda		3
2:22.49	339	F	25/10/14	Walkers Tigers 33rd Autumn Open Meet	Jersey		3
2:26.59	311	F	03/02/15	SWER Regional Championships	Newport		2
2:27.04	308	F	30/06/13	Torfaen Dolphins Open Meet 2013	Newport		2
2:27.63	304	F	26/10/13	Tigers (Jersey) SC32nd Autumn Open Meet	Jersey		3
2:29.66	292	F	05/10/13	Llantrisant Sharks Open Meet	Rhondda		3
2:30.94	285	F	24/11/12	South East Wales Sub Regional Meet	Newport		4
2:31.09	284	F	01/12/13	South East Wales Sub Regional Gala	Newport		4
2:31.10	284	H	01/02/14	South East Wales Regional Championships	Newport		2
2:33.44	271	F	27/10/12	Tigers SC 31st Autumn Open Meet	Jersey		3
2:34.76	264	H	02/02/13	South East Wales Regional Championships	Newport		2
2:46.26	213	H	12/02/12	South East Wales Regional Championships	Newport		2
2:56.15	179	F	22/10/11	AIB Tigers 30th Autumn Open Meet Level 3	Jersey		3
3:23.49	116	F	05/06/10	SE Wales Development	Newport		4

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