

# Individual Best Times (All Time)

Iestyn Francis - (735801) - Rhondda Cynon Taf Performance Sw - 400 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
4:46.78	405	F	24/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	RCT Squad	3
4:52.21	383	F	25/10/14	Walkers Tigers 33rd Autumn Open Meet	Jersey		3
5:03.55	341	F	26/10/13	Tigers (Jersey) SC32nd Autumn Open Meet	Jersey		3
5:03.83	340	F	01/02/15	SWER Regional Championships	Newport		2
5:17.21	299	F	03/02/14	South East Wales Regional Championships	Newport		2
5:22.96	283	F	24/11/12	South East Wales Sub Regional Meet	Newport		4
5:23.09	283	F	27/10/12	Tigers SC 31st Autumn Open Meet	Jersey		3
6:06.98	193	F	22/10/11	AIB Tigers 30th Autumn Open Meet Level 3	Jersey		3
6:10.75	187	F	03/12/11	South East Wales Sub Regional Competition	Newport		4

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