

Individual Best Times (All Time)

Iestyn Francis - (735801) - Rhondda Cynon Taf Performance Sw - 100 Breaststroke - 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
1:30.45	228	F	25/10/15	Walkers Tigers 34th Autumn Open Meet 2015	Jersey	RCT Squad	3
1:31.34	221	F	27/10/13	Tigers (Jersey) SC32nd Autumn Open Meet	Jersey		3
1:31.96	217	F	05/10/14	Llantrisant Sharks Open Meet	Rhondda		3
1:32.17	215	H	02/02/15	SWER Regional Championships	Newport		2
1:36.73	186	F	06/10/13	Llantrisant Sharks Open Meet	Rhondda		3
1:41.23	162	H	14/07/12	Gemau Cymru 2012	Cardiff		1
1:44.10	149	F	24/06/12	Torfaen SC Open Meet 2012	Torfaen		2
1:53.32	116	F	11/12/11	Llantrisant Sharks Club Championships	Llantrisant		4
1:59.84	98	H	01/10/11	Llantrisant Sharks Birthday Gala	Llantrisant		3
2:09.52	77	F	06/06/10	SE Wales Development	Newport		4
2:15.10	68	H	02/10/10	Llantrisant Open Meet	LLantrisant		4

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