Individual Best Times (All Time)

Nathanial Harries - (842860) - Neath ASC - 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 |
|---------|--------|-------|----------|--|----------------|-----------------|-------|
| 2:24.28 | 392 | F | 31/01/16 | Swim Wales West Regional Championships | Haverfordwest | Carmarthen | 2 |
| 2:35.13 | 315 | F | 01/02/15 | SWWR Regional Championships | Haverford West | Carmarthen | 2 |
| 2:40.69 | 284 | F | 30/11/14 | West Wales Sub Regional Competition 2014 | Haverfordwest | Carmarthen | 2 |
| 3:02.78 | 193 | Н | 02/02/13 | West Wales Championships | Haverfordwest | Carmarthen | 2 |
| 3:04.32 | 188 | F | 02/02/13 | West Wales Championships | Haverfordwest | Carmarthen | 2 |
| 3:06.22 | 182 | F | 25/11/12 | West Wales Sub Regional Competition 2012 | Haverfordwest | Carmarthen | 4 |

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