

Individual Best Times (All Time)

Aled Conlon - (954246) - Carmarthen - 100 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
1:12.97	290	H	30/11/18	Swim Wales Short Course Championships	Swansea	Nofio S Gar	2
1:13.35	286	F	04/11/18	City of Cardiff Capital Open Meet	Cardiff	Carmarthen	2
1:14.70	270	F	23/11/19	Swim Wales West Sub Regional Championships	Haverfordwest	Carmarthen	3
1:14.79	269	F	05/05/19	Amman Valley Open Meet 2019	Carmarthen	Carmarthen	3
1:15.17	265	F	16/12/18	Carmarthen Christmas Open 2018	Carmarthen	Carmarthen	2
1:15.43	263	F	06/05/18	Amman Valley Open Meet 2018	Carmarthen	Carmarthen	3
1:15.94	257	F	13/07/19	Carmarthen Club Champs 2019	Carmarthen	Carmarthen	3
1:15.98	257	F	26/11/17	Swim Wales West Region Sub Regional Championships	Haverfordwest	Carmarthen	3
1:16.54	251	F	10/12/17	Carmarthen Christmas Open L2 Meet	Carmarthen	Carmarthen	2
1:16.71	250	F	06/10/18	Llanelli Autumn Meet 2018	Llanelli	Carmarthen	3
1:17.90	238	H	03/02/18	SW West Regional Championships	Haverfordwest	Carmarthen	2
1:18.81	230	F	03/02/18	SW West Regional Championships	Haverfordwest	Carmarthen	2
1:20.03	220	F	24/06/17	Carmarthen Club Championships 2017	Carmarthen	Carmarthen	3
1:22.54	200	H	11/02/17	Swim Wales West Regional Championships	Haverfordwest	Carmarthen	2
1:24.13	189	F	11/02/17	Swim Wales West Regional Championships	Haverfordwest	Carmarthen	2
1:24.60	186	F	27/11/16	Swim Wales West Sub Regional Championships	Wales	Carmarthen	3
1:30.23	153	F	05/11/16	Welsh Capital Open Meet	Cardiff	Carmarthen	2
1:30.26	153	F	05/06/16	Amman Valley Open Meet 2016	Carmarthen	Carmarthen	2
1:30.87	150	H	04/02/16	Swim Wales West Regional Championships	Haverfordwest	Carmarthen	2
1:32.06	144	F	04/02/16	Swim Wales West Regional Championships	Haverfordwest	Carmarthen	2
1:40.59	110	F	03/10/15	Llanelli Autumn Meet 2015	Llanelli	Carmarthen	3
1:40.80	110	F	27/06/15	Carmarthen Club Championships	Carmarthen	Carmarthen	3
1:55.14	73	F	28/06/14	Carmarthen SC Club Championships 2014	Carmarthen	Carmarthen	4

Swims in Date Order

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