

Individual Best Times (All Time)

Aled Conlon - (954246) - Carmarthen - 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
2:41.85	277	F	24/11/18	SW West Region Sub Regional Championships	Haverfordwest	Carmarthen	3
2:44.45	265	F	25/11/17	Swim Wales West Region Sub Regional Championships	Haverfordwest	Carmarthen	3
2:47.36	251	F	04/02/18	SW West Regional Championships	Haverfordwest	Carmarthen	2
2:53.21	226	F	24/06/17	Carmarthen Club Championships 2017	Carmarthen	Carmarthen	3
3:01.57	196	F	26/11/16	Swim Wales West Sub Regional Championships	Wales	Carmarthen	3
3:08.41	176	F	05/11/16	Welsh Capital Open Meet	Cardiff	Carmarthen	2
3:14.71	159	F	30/01/16	Swim Wales West Regional Championships	Haverfordwest	Carmarthen	2
3:19.73	147	F	29/11/15	Swim Wales West Region Sub Regional Championships	Haverfordwest	Carmarthen	3
3:24.56	137	F	25/06/16	Carmarthen Club Championships 2016	Carmarthen	Carmarthen	3

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