

Individual Best Times (All Time)

Aled Conlon - (954246) - Carmarthen - 200 Breaststroke - Short Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:01.09	123	F	28/11/15	Swim Wales West Region Sub Regional Championships	Haverfordwest	Carmarthen	3

Swims in Date Order

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