

Individual Best Times (All Time)

Ifan Bowen - (1253488) - Carmarthen

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.15	30.50	302	19/03/22	Tiger Bay Open Meet	Cardiff	WL220039	3
200 Freestyle	2:24.93	2:22.50	348	19/03/22	Tiger Bay Open Meet	Cardiff	WL220039	3
800 Freestyle	10:21.32	10:11.90	385	19/03/22	Tiger Bay Open Meet	Cardiff	WL220039	3
50 Backstroke	38.24	37.70	233	19/03/22	Tiger Bay Open Meet	Cardiff	WL220039	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.86	30.60	307	06/11/22	Bridgend County SS Distance and Sprint Meet Nov 22	Aberavon	WL221499	3
100 Freestyle	1:04.33	1:05.60	338	11/12/22	Carmarthen Christmas Open Meet 2022	Carmarthen	WL220453	2
200 Freestyle	2:16.09	2:18.60	389	26/11/22	Swim Wales West Sub Regionals 2022	Haverfordwest	WL222521	3
400 Freestyle	4:40.51	4:45.50	433	12/11/23	Amman Valley SC Mid-distance Development Meet 2023	Carmarthen	WL232007	3
800 Freestyle	9:43.85	9:53.70	438	12/11/23	Amman Valley SC Mid-distance Development Meet 2023	Carmarthen	WL232007	3
1500 Freestyle	18:18.02	18:36.60	458	24/11/23	Swim Wales Regional SC Championships - West 2023	Haverfordwest	WL232012	2
50 Breaststroke	54.68	55.30	95	14/07/18	Carmarthen Club Championships	Carmarthen	WL181059	3
100 Breaststroke	1:58.36	1:59.40	101	14/07/18	Carmarthen Club Championships	Carmarthen	WL181059	3
50 Butterfly	56.00	56.30	58	10/12/17	Carmarthen Christmas Open L3 Meet	Carmarthen	WL171458	3
50 Backstroke	36.91	37.50	214	29/01/22	Nofio Sir Gar Swimming Invitational Meet	Carmarthen	WL220156	3
100 Backstroke	2:03.58	2:04.20	59	25/06/16	Carmarthen Club Championships 2016	Carmarthen	WL160552	3
200 Individual Medley	2:44.22	2:46.60	297	21/05/22	Llanelli Open Meet 2022	Llanelli	WL220638	2
100 Individual Medley	1:48.40	1:48.40	93	10/12/17	Carmarthen Christmas Open L3 Meet	Carmarthen	WL171458	3