

Individual Best Times (All Time)

Baris Akay - (716130) - Cwm Draig Water Polo Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.79	27.00	425	11/01/15	Swim Wales Open New Year Meet	Swansea	WL150505	1
100 Freestyle	1:01.25	59.90	447	11/01/15	Swim Wales Open New Year Meet	Swansea	WL150505	1
200 Freestyle	2:19.32	2:16.80	392	07/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
400 Freestyle	5:12.13	5:07.60	350	30/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
50 Backstroke	34.53	33.90	317	09/01/15	Swim Wales Open New Year Meet	Swansea	WL150505	1
100 Backstroke	1:15.29	1:14.20	321	04/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Backstroke	2:48.30	2:46.30	294	30/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.04	27.80	414	29/11/14	West Wales Sub Regional Competition 2014	Haverfordwest	WAL610	2
100 Freestyle	58.73	1:00.10	445	12/10/14	Pembrokeshire County Championships	Haverfordwest	WAL598	4
200 Freestyle	2:12.34	2:14.90	423	22/06/14	Torfaen Dolphins Spring Meet 2014	Newport	WAL577	2
400 Freestyle	4:53.10	4:57.90	379	29/06/13	Torfaen Dolphins Open Meet 2013	Newport	WAL506	2
800 Freestyle	13:00.06	13:07.50	183	22/05/11	Pembrokeshire Whitsun Weekender	Haverfordwest	WAL361	1
50 Breaststroke	49.33	50.00	129	09/06/12	Amman Valley Open Meet 2012	Llanelli	WAL435	4
100 Breaststroke	1:35.38	1:36.70	194	29/11/14	West Wales Sub Regional Competition 2014	Haverfordwest	WAL610	2
200 Breaststroke	3:23.50	3:26.10	205	21/06/14	Torfaen Dolphins Spring Meet 2014	Newport	WAL577	2
50 Backstroke	39.25	39.80	178	09/06/12	Amman Valley Open Meet 2012	Llanelli	WAL435	4
100 Backstroke	1:12.57	1:13.70	295	21/06/14	Torfaen Dolphins Spring Meet 2014	Newport	WAL577	2
200 Backstroke	2:35.46	2:37.60	313	11/10/14	Pembrokeshire County Championships	Haverfordwest	WAL598	4
200 Individual Medley	2:43.91	2:46.30	299	22/06/14	Torfaen Dolphins Spring Meet 2014	Newport	WAL577	2
100 Individual Medley	1:31.69	1:31.70	155	09/06/12	Amman Valley Open Meet 2012	Llanelli	WAL435	4