

Individual Best Times (All Time)

Daniel Cooper - (767855) - Cockermouth SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:06.41	1:05.10	351	17/01/15	City of Sunderland New Year Meet	Sunderland	NE150366	1
200 Freestyle	2:21.06	2:18.60	378	18/01/15	City of Sunderland New Year Meet	Sunderland	NE150366	1
400 Freestyle	4:51.51	4:46.70	430	18/05/13	City of Sunderland May Open Meet	Sunderland	NE3324	1
1500 Freestyle	18:30.72	18:12.00	482	19/05/13	City of Sunderland May Open Meet	Sunderland	NE3324	1
50 Breaststroke	42.23	41.50	232	07/07/12	City of Sunderland Summer Splash	Sunderland	NE2187	3
100 Breaststroke	1:27.72	1:26.30	272	15/12/13	NW National Arena Swimming League	Manchester	NW3632	1
200 Breaststroke	3:08.04	3:05.20	297	18/05/13	City of Sunderland May Open Meet	Sunderland	NE3324	1
100 Butterfly	1:34.06	1:33.20	145	08/07/12	City of Sunderland Summer Splash	Sunderland	NE2187	3
200 Butterfly	3:13.32	3:11.70	185	20/05/12	City of Sunderland ASC May Open Meet	Sunderland	NE2186	1
100 Backstroke	1:17.82	1:16.80	291	18/05/13	City of Sunderland May Open Meet	Sunderland	NE3324	1
200 Backstroke	2:37.39	2:35.30	359	17/01/15	City of Sunderland New Year Meet	Sunderland	NE150366	1
200 Individual Medley	2:51.02	2:48.70	296	03/06/12	North West Region Age Group Championships	Manchester	NWR211	1
400 Individual Medley	5:43.14	5:38.00	352	18/05/13	City of Sunderland May Open Meet	Sunderland	NE3324	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.16	31.80	270	25/01/15	2015 Cumbria Winter Meet	Workington	NW150114	3
100 Freestyle	1:03.82	1:05.10	346	06/12/15	2015 Cumbria Autumn Meet	Whitehaven	NW151663	3
200 Freestyle	2:15.04	2:17.60	398	06/12/15	2015 Cumbria Autumn Meet	Whitehaven	NW151663	3
400 Freestyle	4:41.93	4:46.90	426	05/12/15	2015 Cumbria Autumn Meet	Whitehaven	NW151663	3
1500 Freestyle	18:16.85	18:35.50	460	23/03/13	Cumbria County Championships	Carlisle	CC3065	2
50 Breaststroke	40.58	41.30	232	24/01/15	2015 Cumbria Winter Meet	Workington	NW150114	3
100 Breaststroke	1:25.35	1:26.80	271	06/12/15	2015 Cumbria Autumn Meet	Whitehaven	NW151663	3
200 Breaststroke	2:57.06	3:00.00	312	06/12/15	2015 Cumbria Autumn Meet	Whitehaven	NW151663	3
50 Butterfly	38.40	38.90	181	25/03/12	Cumbria Age Groups & County Champs	Kendal	CC2066	2
50 Backstroke	37.05	37.60	212	16/03/13	Cumbria County Championships	Whitehaven	CC3064	2
100 Backstroke	1:13.18	1:14.30	288	06/12/15	2015 Cumbria Autumn Meet	Whitehaven	NW151663	3
200 Backstroke	2:32.08	2:34.30	335	05/12/15	2015 Cumbria Autumn Meet	Whitehaven	NW151663	3
200 Individual Medley	2:38.61	2:41.10	330	21/09/13	2013 Cumbria ASA Inter- Association Qualifier	Carlisle	NW3721	3
400 Individual Medley	5:34.85	5:40.10	344	16/03/13	Cumbria County Championships	Whitehaven	CC3064	2
100 Individual Medley	1:16.35	1:16.30	268	17/03/13	Cumbria County Championships	Whitehaven	CC3064	2