

# Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.87	28.10	379	15/04/18	Team Luton April Long Course Meet 2018	Luton	ER180341	1
100 Freestyle	1:02.64	1:01.30	418	31/03/18	City of Norwich Easter Long Course Meet	Norwich	ER180144	1
200 Freestyle	2:17.16	2:14.60	411	13/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	EM180084	1
400 Freestyle	5:00.01	4:55.30	394	30/03/18	City of Norwich Easter Long Course Meet	Norwich	ER180144	1
1500 Freestyle	20:08.76	19:51.60	374	31/03/18	City of Norwich Easter Long Course Meet	Norwich	ER180144	1
50 Breaststroke	41.58	40.80	243	15/05/16	Team Luton May Long Course Meet	Luton	ER160180	1
100 Breaststroke	1:43.98	1:42.80	163	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3
50 Butterfly	30.50	29.90	389	31/03/18	City of Norwich Easter Long Course Meet	Norwich	ER180144	1
100 Butterfly	1:07.48	1:06.30	393	30/03/18	City of Norwich Easter Long Course Meet	Norwich	ER180144	1
200 Butterfly	2:35.20	2:33.20	359	31/03/18	City of Norwich Easter Long Course Meet	Norwich	ER180144	1
50 Backstroke	31.55	30.90	415	05/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
100 Backstroke	1:09.13	1:08.00	415	14/04/18	Team Luton April Long Course Meet 2018	Luton	ER180341	1
200 Backstroke	2:24.84	2:22.50	461	15/04/18	Team Luton April Long Course Meet 2018	Luton	ER180341	1
200 Individual Medley	2:33.99	2:31.40	405	14/04/18	Team Luton April Long Course Meet 2018	Luton	ER180341	1
400 Individual Medley	5:33.35	5:28.00	384	14/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.18	27.90	408	01/12/19	City of St Albans Winter Open Meet	St Albans	ER192653	3
100 Freestyle	59.49	1:00.90	428	16/11/19	Watford November 2019 County Qualifier	Garston	ER192687	3
200 Freestyle	2:09.24	2:11.90	454	29/09/19	Team Luton September Open Meet	Luton	ER190369	3
400 Freestyle	4:37.92	4:42.90	445	03/02/18	Hertfordshire County Championships 2018	Borehamwood	ER180358	2
1500 Freestyle	18:23.71	18:42.20	451	04/02/18	Hertfordshire County Championships 2018	Borehamwood	ER180358	2
50 Breaststroke	38.27	39.10	277	24/06/17	City of St Albans Club Championships 2017	St Albans	ER171249	4
100 Breaststroke	1:25.59	1:27.10	269	24/09/17	Team Luton Autumn Short Course Meet 2017	Luton	ER171628	3
200 Breaststroke	3:08.40	3:11.20	259	25/06/17	City of St Albans Club Championships 2017	St Albans	ER171249	4
50 Butterfly	29.26	29.90	410	16/11/19	Watford November 2019 County Qualifier	Garston	ER192687	3
100 Butterfly	1:05.18	1:06.30	393	17/11/19	Watford November 2019 County Qualifier	Garston	ER192687	3
200 Butterfly	2:25.21	2:27.40	398	17/11/19	Watford November 2019 County Qualifier	Garston	ER192687	3
50 Backstroke	30.84	31.50	368	17/11/19	Watford November 2019 County Qualifier	Garston	ER192687	3
100 Backstroke	1:06.26	1:07.50	388	23/09/17	Team Luton Autumn Short Course Meet 2017	Luton	ER171628	3
200 Backstroke	2:19.60	2:22.00	433	24/06/17	City of St Albans Club Championships 2017	St Albans	ER171249	4
200 Individual Medley	2:27.06	2:29.70	414	29/09/19	Team Luton September Open Meet	Luton	ER190369	3
400 Individual Medley	5:09.33	5:15.00	437	17/03/19	Watford Regional Qualifier 2019	Garston	ER190184	3
100 Individual Medley	1:08.68	1:08.70	369	23/06/19	The Terry Davies Alternative Nationals	Woodside	ER190152	3