

Individual Best Times (All Time)

Casey Rook - (1144213) - Reading SC - 400 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:46.70	452	F	22/09/18	WDSC Club Championships 2018	Wycombe	Wycombe Dist	4
4:46.94	451	H	12/01/19	Berkshire & S Buckinghamshire County Champs 2019	Wycombe	Wycombe Dist	1
4:46.99	450	F	20/07/19	2019 Wycombe End of Season Long Course Meet	High Wycombe	Wycombe Dist	3
4:49.83	437	F	05/08/18	Swim Wales Summer Nationals	Swansea	Wycombe Dist	1
4:51.88	428	F	11/03/18	WDSC Long Course Premier Open Meet	Wycombe	Wycombe Dist	1
4:57.69	404	F	17/02/19	Wycombe Dual Award Long Course Meet	Wycombe	Wycombe Dist	3
4:59.35	397	H	13/01/18	Berks & Sth Bucks County Championships	Wycombe	Wycombe Dist	1
5:31.62	292	F	16/07/16	Wycombe District End of Season Open Meet 2016	Wycombe	Reading	3
5:34.90	283	F	18/07/15	Portsmouth Northsea End of Season Meet	Portsmouth	Reading	3

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