

Individual Best Times (All Time)

Christopher Cook - (358482) - Ryedale SC - 50 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
26.80	474	H	11/02/17	Yorkshire SA County Championships	Sheffield	Ryedale	1
27.26	451	H	24/02/18	Yorkshire County Championships	Sheffield	Ryedale	1
27.35	446	H	28/02/16	Yorkshire County Championships	Sheffield	Scarborough	1
27.96	418	H	15/03/14	Yorkshire County Championships	Sheffield	Ryedale	1
28.23	406	F	15/03/14	Yorkshire County Championships	Sheffield	Ryedale	1
28.50	394	H	12/04/14	Sports Aid Open Meet 2014	Leeds	Ryedale	1
29.38	360	H	16/03/13	Yorkshire County Championships	Sheffield	Ryedale	1
30.71	315	H	01/09/12	Worksop Dolphins SC Dukeries Open Meet	Sheffield	Ryedale	3
31.12	303	H	13/05/12	Sports Aid Open Meet	Leeds	Ryedale	1
31.41	295	H	17/03/12	Yorkshire County Championships	Sheffield	Ryedale	1
32.19	274	F	19/03/11	Yorkshire County Championships	Sheffield	Ryedale	1
32.47	267	H	03/12/11	City of Sheffield Snow Frill Gala	Sheffield	Ryedale	3
32.73	260	H	19/03/11	Yorkshire County Championships	Sheffield	Ryedale	1
35.00	213	H	20/03/10	Yorkshire County Champs	Sheffield	Ryedale	1
36.70	184	F	21/03/09	Yorkshire County Champs	Sheffield	Ryedale	2
37.11	178	H	21/03/09	Yorkshire County Champs	Sheffield	Ryedale	2

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