

# Individual Best Times (All Time)

Christopher Cook - (358482) - Ryedale SC - 50 Backstroke - 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
33.23	355	H	28/02/16	Yorkshire County Championships	Sheffield	Scarborough	1
33.28	354	H	11/02/17	Yorkshire SA County Championships	Sheffield	Ryedale	1
33.53	346	H	24/02/18	Yorkshire County Championships	Sheffield	Ryedale	1
34.13	328	H	12/04/14	Sports Aid Open Meet 2014	Leeds	Ryedale	1
34.82	309	H	15/03/14	Yorkshire County Championships	Sheffield	Ryedale	1
35.29	297	H	16/03/13	Yorkshire County Championships	Sheffield	Ryedale	1
35.69	287	H	11/05/13	Sports Aid Long Course Meet	Leeds	Ryedale	1
38.52	228	H	01/09/12	Worksop Dolphins SC Dukeries Open Meet	Sheffield	Ryedale	3
38.76	224	H	12/05/12	Sports Aid Open Meet	Leeds	Ryedale	1
38.82	223	H	17/03/12	Yorkshire County Championships	Sheffield	Ryedale	1
40.50	196	H	19/03/11	Yorkshire County Championships	Sheffield	Ryedale	1
41.69	180	H	20/03/10	Yorkshire County Champs	Sheffield	Ryedale	1
44.94	143	H	21/03/09	Yorkshire County Champs	Sheffield	Ryedale	2

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