

Individual Best Times (All Time)

Christopher Cook - (358482) - Ryedale SC - 100 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
1:18.21	287	H	12/05/13	Sports Aid Long Course Meet	Leeds	Ryedale	1
1:24.96	224	H	04/12/11	City of Sheffield Snow Frill Gala	Sheffield	Ryedale	3
1:26.56	211	H	01/09/12	Worksop Dolphins SC Dukeries Open Meet	Sheffield	Ryedale	3
1:32.54	173	H	22/01/11	Rotherham Metro A & B Grade Meet	Sheffield	Ryedale	3

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