## **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	Н	12/05/13	Sports Aid Long Course Meet	Leeds	Ryedale	1
1:24.96	224	Н	04/12/11	City of Sheffield Snow Frill Gala	Sheffield	Ryedale	3
1:26.56	211	Н	01/09/12	Worksop Dolphins SC Dukeries Open Meet	Sheffield	Ryedale	3
1:32.54	173	Н	22/01/11	Rotherham Metro A & B Grade Meet	Sheffield	Ryedale	3

## Swims in Date Order

WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level	
21 287	Н	12/05/13	Sports Aid Long Course Meet	Leeds	Ryedale	1	
56 211	Н	01/09/12	Worksop Dolphins SC Dukeries Open Meet	Sheffield	Ryedale	3	
96 224	Н	04/12/11	City of Sheffield Snow Frill Gala	Sheffield	Ryedale	3	
54 173	Н	22/01/11	Rotherham Metro A & B Grade Meet	Sheffield	Ryedale	3	
	.21 287 .56 211 .96 224	.21 287 H .56 211 H .96 224 H	.21 287 H 12/05/13 .56 211 H 01/09/12 .96 224 H 04/12/11	21 287 H 12/05/13 Sports Aid Long Course Meet 256 211 H 01/09/12 Worksop Dolphins SC Dukeries Open Meet 268 224 H 04/12/11 City of Sheffield Snow Frill Gala	221 287 H 12/05/13 Sports Aid Long Course Meet Leeds 256 211 H 01/09/12 Worksop Dolphins SC Dukeries Open Meet Sheffield 268 229 H 04/12/11 City of Sheffield Snow Frill Gala Sheffield	21 287 H 12/05/13 Sports Aid Long Course Meet Leeds Ryedale 211 H 01/09/12 Worksop Dolphins SC Dukeries Open Meet Sheffield Ryedale 224 H 04/12/11 City of Sheffield Snow Frill Gala Sheffield Ryedale	.21         287         H         12/05/13         Sports Aid Long Course Meet         Leeds         Ryedale         1           .56         211         H         01/09/12         Worksop Dolphins SC Dukeries Open Meet         Sheffield         Ryedale         3           .96         224         H         04/12/11         City of Sheffield Snow Frill Gala         Sheffield         Ryedale         3

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