

# Individual Best Times (All Time)

Christopher Cook - (358482) - Ryedale SC - 100 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
1:01.87	434	H	12/04/14	Sports Aid Open Meet 2014	Leeds	Ryedale	1
1:01.95	432	H	13/02/16	Yorkshire County Championships	Leeds	Scarborough	1
1:02.04	430	H	22/02/14	Yorkshire SA County Championships	Leeds	Ryedale	1
1:03.76	396	F	22/02/14	Yorkshire SA County Championships	Leeds	Ryedale	1
1:04.81	377	H	23/02/13	Yorkshire Age Group Championships	Leeds	Ryedale	1
1:04.82	377	F	23/02/13	Yorkshire Age Group Championships	Leeds	Ryedale	1
1:06.04	357	H	11/05/13	Sports Aid Long Course Meet	Leeds	Ryedale	1
1:07.69	331	H	13/05/12	Sports Aid Open Meet	Leeds	Ryedale	1
1:08.32	322	H	01/09/12	Worksop Dolphins SC Dukeries Open Meet	Sheffield	Ryedale	3
1:08.63	318	H	25/02/12	Yorkshire County Championships	Leeds	Ryedale	1
1:10.73	290	H	03/12/11	City of Sheffield Snow Frill Gala	Sheffield	Ryedale	3
1:14.35	250	H	22/01/11	Rotherham Metro A & B Grade Meet	Sheffield	Ryedale	3

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1:08.63	318	H	25/02/12	Yorkshire County Championships	Leeds	Ryedale	1
1:10.73	290	H	03/12/11	City of Sheffield Snow Frill Gala	Sheffield	Ryedale	3

1:14.35

250

H

22/01/11

Rotherham Metro A & B Grade Meet

Sheffield

Ryedale

3