

Individual Best Times (All Time)

Christopher Cook - (358482) - Ryedale SC - 200 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
2:18.35	400	H	15/02/14	Yorkshire SA County Championship	Leeds	Ryedale	1
2:24.27	353	H	12/05/13	Sports Aid Long Course Meet	Leeds	Ryedale	1
2:26.78	335	H	20/01/13	City of Leeds New Year Meet	Leeds	Ryedale	3
2:26.99	334	H	12/05/12	Sports Aid Open Meet	Leeds	Ryedale	1
2:31.30	306	H	19/02/12	Yorkshire ASA Championships	Leeds	Ryedale	1
2:37.10	273	H	20/02/11	Yorkshire County Championships	Sheffield	Ryedale	1
2:38.12	268	H	03/12/11	City of Sheffield Snow Frill Gala	Sheffield	Ryedale	3
2:43.56	242	H	22/01/11	Rotherham Metro A & B Grade Meet	Sheffield	Ryedale	3
2:47.72	224	H	28/02/10	Yorkshire County Champs	Leeds	Ryedale	1
3:06.37	163	H	01/03/09	Yorkshire County Champs	Leeds	Ryedale	2

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