

Individual Best Times (All Time)

Christopher Cook - (358482) - Ryedale SC - 400 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
5:01.05	390	H	16/02/13	Yorkshire Age Groups Open Championships	Leeds	Ryedale	1
5:08.31	363	H	12/05/13	Sports Aid Long Course Meet	Leeds	Ryedale	1
5:16.88	334	H	18/02/12	Yorkshire ASA Championships	Leeds	Ryedale	1
5:17.60	332	H	12/05/12	Sports Aid Open Meet	Leeds	Ryedale	1
5:30.08	296	H	19/02/11	Yorkshire County Championships	Sheffield	Ryedale	1

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