

Individual Best Times (All Time)

Christopher Cook - (358482) - Ryedale SC - 50 Breaststroke - 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
36.34	364	H	11/02/17	Yorkshire SA County Championships	Sheffield	Ryedale	1
36.37	363	H	24/02/18	Yorkshire County Championships	Sheffield	Ryedale	1
36.91	347	H	28/02/16	Yorkshire County Championships	Sheffield	Scarborough	1
40.38	265	H	12/05/13	Sports Aid Long Course Meet	Leeds	Ryedale	1
41.13	251	F	17/03/12	Yorkshire County Championships	Sheffield	Ryedale	1
41.39	246	H	17/03/12	Yorkshire County Championships	Sheffield	Ryedale	1
42.04	235	H	13/05/12	Sports Aid Open Meet	Leeds	Ryedale	1
42.05	235	H	20/01/13	City of Leeds New Year Meet	Leeds	Ryedale	3
43.52	212	H	01/09/12	Worksop Dolphins SC Dukeries Open Meet	Sheffield	Ryedale	3
44.03	204	H	04/12/11	City of Sheffield Snow Frill Gala	Sheffield	Ryedale	3
46.05	178	H	19/03/11	Yorkshire County Championships	Sheffield	Ryedale	1
47.28	165	H	22/01/11	Rotherham Metro A & B Grade Meet	Sheffield	Ryedale	3
49.19	146	H	20/03/10	Yorkshire County Champs	Sheffield	Ryedale	1
53.84	111	H	21/03/09	Yorkshire County Champs	Sheffield	Ryedale	2

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