

Individual Best Times (All Time)

Christopher Cook - (358482) - Ryedale SC - 200 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
3:19.11	250	H	26/02/12	Yorkshire County Championships	Leeds	Ryedale	1
3:22.57	237	H	20/01/13	City of Leeds New Year Meet	Leeds	Ryedale	3
3:23.32	235	H	04/12/11	City of Sheffield Snow Frill Gala	Sheffield	Ryedale	3
3:26.11	225	F	26/02/12	Yorkshire County Championships	Leeds	Ryedale	1
3:43.59	176	H	27/02/11	Yorkshire County Championships	Leeds	Ryedale	1
3:45.99	171	H	22/01/11	Rotherham Metro A & B Grade Meet	Sheffield	Ryedale	3

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