Individual Best Times (All Time)

James Cooper - (814124) - Romford Town SC - 200 Butterfly - 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
2:21.29	476	H	09/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	Romford Town	1
2:25.09	439	H	21/02/16	Essex Age Group Championships 2016	Basildon	Romford Town	1
2:27.15	421	F	10/05/15	London Region Summer Championships	London	Romford Town	1
2:29.03	405	H	06/08/15	ASA Summer Nationals 2015	Sheffield	Romford Town	1
2:29.50	402	H	10/05/15	London Region Summer Championships	London	Romford Town	1
2:33.24	373	H	12/04/15	Killerwhales Mid Qualifying Meet	Basildon	Romford Town	1
2:37.72	342	F	07/06/14	London Region Age Group Championships	Stratford	Romford Town	1
2:47.61	285	H	07/06/14	London Region Age Group Championships	Stratford	Romford Town	1
2:48.18	282	H	21/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	Romford Town	1
2:54.56	252	H	14/04/13	Bexley SC Long Course Open Meet	London	Romford Town	1
2:54.64	252	F	01/06/13	ASA London Region Age Groups 2013	London	Romford Town	1
3:01.76	223	H	01/06/13	ASA London Region Age Groups 2013	London	Romford Town	1
3:02.90	219	H	24/11/12	Essex Winter Long Course Championships	Basildon	Romford Town	1
3:04.04	215	H	18/12/11	Killerwhales Winter Open	Basildon	Romford Town	1
3:06.71	206	H	19/01/13	Killerwhales SC Winter Open Meet	Basildon	Romford Town	1
3:07.97	202	F	15/12/12	Hillingdon SC Level 1 Winter Open Meet	Hillingdon	Romford Town	1
3:13.85	184	H	15/04/12	Bexley SC Open Long Course Meet	London	Romford Town	1

Swims in Date Order

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