

Individual Best Times (All Time)

Fraser Cooke - (859411) - Southport SC - 400 Individual Medley - 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
5:22.46	425	H	28/05/17	ASA North West Region Summer Championships	Manchester	Southport	1
5:26.39	410	H	28/01/17	Lancashire County Championships	Manchester	Southport	1
5:26.85	408	F	13/05/17	Manchester Open Meet 2017	Manchester	Southport	1
5:33.16	385	H	02/04/17	Stockport Metro Qualifying Window Meet	Stockport	Southport	1
5:38.33	368	H	29/05/16	ASA North West Region Summer Championships	Manchester	Southport	1
5:41.68	357	H	23/01/16	Lancashire County WPSA Age Group & Championships	Manchester	Southport	1
5:45.19	346	F	07/05/16	Manchester Open Meet 2016	Manchester	Southport	1

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