

Individual Best Times (All Time)

Bethan Cooke - (887673) - City of Birmingham SC - 200 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
2:27.11	630	H	24/07/23	British Summer Championships	Sheffield	Chase	1
2:27.42	626	H	10/03/24	ESSA 73rd Inter-Divisional Champions 2023-24	Coventry		1
2:28.08	617	H	26/01/24	Luxembourg Euro Meet 2024	Luxembourg	Co Birm'ham	1
2:28.24	615	H	01/04/23	Derventio eXcel Spring Qualifier Meet 2023	Sheffield	Chase	1
2:28.87	608	F	27/04/24	SE West Midland Summer Championships 2024	Birmingham	Co Birm'ham	1
2:28.89	607	F	11/03/23	Wycombe LC Premier Meet 2023	High Wycombe		1
2:28.97	606	H	27/04/24	SE West Midland Summer Championships 2024	Birmingham	Co Birm'ham	1
2:29.68	598	H	08/05/23	West Midland Regional Summer Championships 2023	Coventry	Chase	1
2:29.69	598	H	15/01/23	City of Derby SC 19th LC Open Meet 2023	Sheffield	Chase	1
2:29.98	594	H	29/05/23	AP Race International 2023	London	Chase	1
2:30.51	588	F	29/05/23	AP Race International 2023	London	Chase	1
2:31.11	581	F	08/05/23	West Midland Regional Summer Championships 2023	Coventry	Chase	1
2:37.36	514	H	19/12/21	Northampton Swimming Club Winter Festival 2021	Corby	Chase	1
2:38.80	500	H	13/03/22	Stockport Metro Spring Long Course Open Meet 2022	Stockport	Chase	1
2:38.92	499	H	02/04/22	Derventio eXcel April Meet	Sheffield	Chase	1
2:44.77	448	H	11/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	Chase	1
2:46.65	433	F	11/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	Chase	1
2:47.11	429	H	12/05/19	West Midlands LC Championships 2019	Coventry	Chase	1
2:47.21	429	H	12/01/19	City of Derby 17th Long Course Level 1 Open Meet	Sheffield	Chase	1
2:51.31	399	H	29/04/18	Swim England West Midlands Championships	Coventry	Chase	1
2:56.06	367	F	13/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	Chase	1
2:59.51	346	H	13/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	Chase	1
3:09.07	296	H	14/01/17	City of Coventry January Open Meet	Coventry	Chase	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
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2:28.87	608	F	27/04/24	SE West Midland Summer Championships 2024	Birmingham	Co Birm'ham	1
2:28.97	606	H	27/04/24	SE West Midland Summer Championships 2024	Birmingham	Co Birm'ham	1
2:27.42	626	H	10/03/24	ESSA 73rd Inter-Divisional Champions 2023-24	Coventry		1
2:28.08	617	H	26/01/24	Luxembourg Euro Meet 2024	Luxembourg	Co Birm'ham	1
2:27.11	630	H	24/07/23	British Summer Championships	Sheffield	Chase	1
2:30.51	588	F	29/05/23	AP Race International 2023	London	Chase	1
2:29.98	594	H	29/05/23	AP Race International 2023	London	Chase	1
2:31.11	581	F	08/05/23	West Midland Regional Summer Championships 2023	Coventry	Chase	1
2:29.68	598	H	08/05/23	West Midland Regional Summer Championships 2023	Coventry	Chase	1
2:28.24	615	H	01/04/23	Derventio eXcel Spring Qualifier Meet 2023	Sheffield	Chase	1
2:28.89	607	F	11/03/23	Wycombe LC Premier Meet 2023	High Wycombe		1
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3:09.07	296	H	14/01/17	City of Coventry January Open Meet	Coventry	Chase	3