

Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 100 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
1:07.48	393	F	30/03/18	City of Norwich Easter Long Course Meet	Norwich	Co St Albans	1
1:08.74	372	H	30/03/18	City of Norwich Easter Long Course Meet	Norwich		1
1:09.14	365	H	05/05/18	East Swimming Long Course Championships 2018	Norwich	Co St Albans	1
1:09.98	352	H	13/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	Co St Albans	1
1:10.73	341	H	14/04/17	UEA City of Norwich Easter LC Meet	Norwich	Co St Albans	1
1:10.80	340	F	14/04/17	UEA City of Norwich Easter LC Meet	Norwich	Co St Albans	1
1:11.46	331	H	14/05/17	Team Luton May Long Course Meet 2017	Luton	Co St Albans	1
1:12.02	323	H	29/05/17	ASA East Region Long Course Championships	Norwich	Co St Albans	1
1:13.24	307	F	11/03/17	United Bristol Qual Level 1 Open Meet	Bristol	Co St Albans	1
1:16.22	273	H	30/05/16	ASA East Region Long Course Championships	Luton	Co St Albans	1
1:17.89	255	H	15/05/16	Team Luton May Long Course Meet	Luton	Co St Albans	1

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