

# Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 50 Backstroke - 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
31.55	415	H	05/05/18	East Swimming Long Course Championships 2018	Norwich	Co St Albans	1
32.74	372	H	29/05/17	ASA East Region Long Course Championships	Norwich	Co St Albans	1
32.96	364	H	30/03/18	City of Norwich Easter Long Course Meet	Norwich	Co St Albans	1
32.99	363	F	12/03/17	United Bristol Qual Level 1 Open Meet	Bristol	Co St Albans	1
34.14	328	H	14/04/17	UEA City of Norwich Easter LC Meet	Norwich	Co St Albans	1
35.90	282	H	16/04/16	Team Luton April Long Course Meet	Luton	Co St Albans	1
35.95	281	H	25/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	Co St Albans	1
40.42	197	H	30/05/15	Cardiff International Open Meet 2015	Cardiff	Co St Albans	1
41.14	187	H	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton		3

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
31.55	415	H	05/05/18	East Swimming Long Course Championships 2018	Norwich	Co St Albans	1
32.96	364	H	30/03/18	City of Norwich Easter Long Course Meet	Norwich	Co St Albans	1
32.74	372	H	29/05/17	ASA East Region Long Course Championships	Norwich	Co St Albans	1
34.14	328	H	14/04/17	UEA City of Norwich Easter LC Meet	Norwich	Co St Albans	1
32.99	363	F	12/03/17	United Bristol Qual Level 1 Open Meet	Bristol	Co St Albans	1
35.90	282	H	16/04/16	Team Luton April Long Course Meet	Luton	Co St Albans	1
35.95	281	H	25/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	Co St Albans	1
41.14	187	H	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton		3
40.42	197	H	30/05/15	Cardiff International Open Meet 2015	Cardiff	Co St Albans	1