

Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 100 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
1:09.13	415	H	14/04/18	Team Luton April Long Course Meet 2018	Luton	Co St Albans	1
1:09.73	405	H	01/04/18	City of Norwich Easter Long Course Meet	Norwich	Co St Albans	1
1:09.88	402	F	16/04/17	UEA City of Norwich Easter LC Meet	Norwich	Co St Albans	1
1:10.33	394	H	27/05/17	ASA East Region Long Course Championships	Norwich	Co St Albans	1
1:10.68	389	H	07/05/18	East Swimming Long Course Championships 2018	Norwich	Co St Albans	1
1:11.24	379	H	16/04/17	UEA City of Norwich Easter LC Meet	Norwich	Co St Albans	1
1:11.46	376	H	13/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	Co St Albans	1
1:13.77	342	F	11/03/17	United Bristol Qual Level 1 Open Meet	Bristol	Co St Albans	1
1:14.89	327	H	17/04/16	Team Luton April Long Course Meet	Luton	Co St Albans	1
1:16.71	304	H	28/05/16	ASA East Region Long Course Championships	Luton	Co St Albans	1
1:17.57	294	H	15/05/16	Team Luton May Long Course Meet	Luton	Co St Albans	1
1:19.41	274	H	27/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	Co St Albans	1
1:23.71	234	H	25/07/15	Swim Wales Summer Open Meet	Swansea	Co St Albans	1

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