

Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 200 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
2:24.84	461	H	15/04/18	Team Luton April Long Course Meet 2018	Luton	Co St Albans	1
2:29.37	420	H	28/05/17	ASA East Region Long Course Championships	Norwich	Co St Albans	1
2:30.55	410	H	06/05/18	East Swimming Long Course Championships 2018	Norwich	Co St Albans	1
2:30.57	410	F	30/03/18	City of Norwich Easter Long Course Meet	Norwich	Co St Albans	1
2:32.80	392	F	14/04/17	UEA City of Norwich Easter LC Meet	Norwich	Co St Albans	1
2:33.23	389	H	05/11/17	East Region Winter Championships	Norwich	Co St Albans	1
2:34.32	381	F	11/03/17	United Bristol Qual Level 1 Open Meet	Bristol	Co St Albans	1
2:37.94	355	H	13/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	Co St Albans	1
2:43.88	318	H	16/04/16	Team Luton April Long Course Meet	Luton	Co St Albans	1
2:45.03	311	F	25/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	Co St Albans	1
2:54.74	262	H	27/07/15	Swim Wales Summer Open Meet	Swansea	Co St Albans	1

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