

# Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 400 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
5:33.35	384	H	14/05/17	Team Luton May Long Course Meet 2017	Luton	Co St Albans	1
5:37.64	370	F	11/03/17	United Bristol Qual Level 1 Open Meet	Bristol	Co St Albans	1
5:48.97	335	H	15/05/16	Team Luton May Long Course Meet	Luton	Co St Albans	1
5:53.24	323	H	28/05/16	ASA East Region Long Course Championships	Luton	Co St Albans	1
6:01.45	301	H	17/04/16	Team Luton April Long Course Meet	Luton	Co St Albans	1

## Swims in Date Order

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