

Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 100 Freestyle - 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
1:02.64	418	H	31/03/18	City of Norwich Easter Long Course Meet	Norwich	Co St Albans	1
1:03.73	397	H	15/04/17	UEA City of Norwich Easter LC Meet	Norwich	Co St Albans	1
1:09.95	300	H	26/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	Co St Albans	1
1:11.19	285	H	15/05/16	Team Luton May Long Course Meet	Luton	Co St Albans	1
1:13.48	259	H	26/07/15	Swim Wales Summer Open Meet	Swansea	Co St Albans	1
1:13.52	258	H	31/05/15	Cardiff International Open Meet 2015	Cardiff	Co St Albans	1
1:17.70	219	H	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton		3

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