

Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 200 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
2:17.16	411	H	13/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	Co St Albans	1
2:19.33	392	H	13/05/17	Team Luton May Long Course Meet 2017	Luton	Co St Albans	1
2:19.82	388	F	16/04/17	UEA City of Norwich Easter LC Meet	Norwich	Co St Albans	1
2:23.09	362	H	14/04/18	Team Luton April Long Course Meet 2018	Luton	Co St Albans	1
2:24.03	355	H	29/05/17	ASA East Region Long Course Championships	Norwich	Co St Albans	1
2:25.87	341	H	14/05/16	Team Luton May Long Course Meet	Luton	Co St Albans	1
2:31.16	307	H	16/04/16	Team Luton April Long Course Meet	Luton	Co St Albans	1
2:41.07	253	F	30/05/15	Cardiff International Open Meet 2015	Cardiff	Co St Albans	1
2:43.41	243	H	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton		3

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