

Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 400 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
5:00.01	394	F	30/03/18	City of Norwich Easter Long Course Meet	Norwich	Co St Albans	1
5:04.56	377	F	12/03/17	United Bristol Qual Level 1 Open Meet	Bristol	Co St Albans	1
5:10.59	355	H	16/04/16	Team Luton April Long Course Meet	Luton	Co St Albans	1
5:30.86	294	F	27/07/15	Swim Wales Summer Open Meet	Swansea	Co St Albans	1
5:36.73	279	F	31/05/15	Cardiff International Open Meet 2015	Cardiff	Co St Albans	1

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