

Individual Best Times (All Time)

Owain Cook - (918792) - Bridgend County Swim Squad - 200 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
2:24.18	494	F	11/05/19	Swansea Aquatics Centenary 2019 LC Open Meet	WNPS	Bridgend Cty	1
2:25.47	481	H	11/05/19	Swansea Aquatics Centenary 2019 LC Open Meet	WNPS	Bridgend Cty	1
2:25.84	477	H	29/07/19	Swim Wales Summer Nationals	Swansea	Bridgend Cty	1
2:25.97	476	F	12/05/18	Swansea Aquatics Long Course Meet 2018	WNPS	Bridgend Cty	1
2:26.95	466	F	23/03/19	UoB & Bristol Henleaze National Qualifier Open	Hengrove	Bridgend Cty	1
2:27.03	466	H	12/05/18	Swansea Aquatics Long Course Meet 2018	WNPS	Bridgend Cty	1
2:29.10	446	H	02/08/18	Swim Wales Summer Nationals	Swansea	Bridgend Cty	1
2:29.60	442	F	06/01/19	RCT New Year Open Meet 2019	Cardiff	Bridgend Cty	3
2:34.60	400	F	18/06/17	Torfaen Dolphins Non National Qualifier	Cardiff	Bridgend Cty	3
2:53.10	285	F	22/02/15	City of Cardiff Closed Invitational Meet	Cardiff	Bridgend Cty	3
3:05.59	231	F	21/09/14	Swim Wales Legend Meet	Swansea		3
3:20.79	183	H	06/07/13	Gemau Cymru 2013	Cardiff	Bridgend Cty	3
3:32.27	154	F	24/02/13	City of Cardiff Closed Invitational Meet	Cardiff	Bridgend Cty	4

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