

# Individual Best Times (All Time)

Owain Cook - (918792) - Bridgend County Swim Squad - 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
58.77	506	H	30/07/18	Swim Wales Summer Nationals	Swansea	Bridgend Cty	1
58.92	503	H	02/08/19	Swim Wales Summer Nationals	Swansea	Bridgend Cty	1
59.69	483	H	11/05/18	Swansea Aquatics Long Course Meet 2018	WNPS	Bridgend Cty	1
1:00.00	476	F	24/03/19	UoB & Bristol Henleaze National Qualifier Open	Hengrove	Bridgend Cty	1
1:00.35	468	R	22/04/19	Swim Wales Long Course Championships	WNPS	Bridgend Cty	1
1:00.98	453	F	06/01/19	RCT New Year Open Meet 2019	Cardiff	Bridgend Cty	3
1:02.58	419	F	18/06/17	Torfaen Dolphins Non National Qualifier	Cardiff	Bridgend Cty	3
1:12.68	268	F	22/02/15	City of Cardiff Closed Invitational Meet	Cardiff	Bridgend Cty	3
1:14.30	250	F	21/09/14	Swim Wales Legend Meet	Swansea		3
1:16.22	232	F	23/02/14	City of Cardiff Closed Invitational Meet	Cardiff	Bridgend Cty	4
1:21.87	187	H	06/07/13	Gemau Cymru 2013	Cardiff	Bridgend Cty	3
1:31.23	135	F	24/02/13	City of Cardiff Closed Invitational Meet	Cardiff	Bridgend Cty	4

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1:31.23

135

F

24/02/13

City of Cardiff Closed Invitational Meet

Cardiff

Bridgend Cty

4