

Individual Best Times (All Time)

Owain Cook - (918792) - Bridgend County Swim Squad - 100 Breaststroke - 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
1:17.47	395	H	11/05/19	Swansea Aquatics Centenary 2019 LC Open Meet	WNPS	Bridgend Cty	1
1:17.81	390	H	31/07/19	Swim Wales Summer Nationals	Swansea	Bridgend Cty	1
1:17.84	390	F	23/03/19	UoB & Bristol Henleaze National Qualifier Open	Hengrove	Bridgend Cty	1
1:18.41	381	F	05/01/19	RCT New Year Open Meet 2019	Cardiff	Bridgend Cty	3
1:19.26	369	F	11/05/19	Swansea Aquatics Centenary 2019 LC Open Meet	WNPS	Bridgend Cty	1
1:19.35	368	H	02/08/18	Swim Wales Summer Nationals	Swansea	Bridgend Cty	1
1:33.48	225	F	20/09/14	Swim Wales Legend Meet	Swansea		3
1:34.56	217	F	22/02/15	City of Cardiff Closed Invitational Meet	Cardiff	Bridgend Cty	3
1:38.84	190	F	11/01/14	British Gas Swim Wales New Year Meet	Swansea	Bridgend Cty	1
1:39.33	187	F	23/02/14	City of Cardiff Closed Invitational Meet	Cardiff	Bridgend Cty	4
1:44.74	160	F	06/07/13	Gemau Cymru 2013	Cardiff	Bridgend Cty	3
1:46.08	154	H	06/07/13	Gemau Cymru 2013	Cardiff	Bridgend Cty	3
1:58.48	110	F	24/02/13	City of Cardiff Closed Invitational Meet	Cardiff	Bridgend Cty	4

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