

# Individual Best Times (All Time)

Owain Cook - (918792) - Bridgend County Swim Squad - 200 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 |
|---------|--------|-------|----------|--|----------|-----------------|-------|
| 2:44.35 | 445    | F     | 23/03/19 | UoB & Bristol Henleaze National Qualifier Open | Hengrove | Bridgend Cty    | 1     |
| 2:44.66 | 442    | F     | 12/05/19 | Swansea Aquatics Centenary 2019 LC Open Meet   | WNPS     | Bridgend Cty    | 1     |
| 2:45.77 | 433    | H     | 12/05/19 | Swansea Aquatics Centenary 2019 LC Open Meet   | WNPS     | Bridgend Cty    | 1     |
| 2:45.78 | 433    | H     | 02/08/19 | Swim Wales Summer Nationals                    | Swansea  | Bridgend Cty    | 1     |
| 2:59.72 | 340    | F     | 18/06/17 | Torfaen Dolphins Non National Qualifier        | Cardiff  | Bridgend Cty    | 3     |
| 3:20.78 | 244    | F     | 11/01/15 | Swim Wales Open New Year Meet                  | Swansea  | Bridgend Cty    | 1     |
| 3:23.44 | 234    | F     | 21/09/14 | Swim Wales Legend Meet                         | Swansea  |                 | 3     |
| 3:29.64 | 214    | F     | 11/01/14 | British Gas Swim Wales New Year Meet           | Swansea  | Bridgend Cty    | 1     |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet   | Venue    | Club Swam Under | Level |
|---------|--------|-------|----------|--|----------|-----------------|-------|
| 2:45.78 | 433    | H     | 02/08/19 | Swim Wales Summer Nationals                    | Swansea  | Bridgend Cty    | 1     |
| 2:44.66 | 442    | F     | 12/05/19 | Swansea Aquatics Centenary 2019 LC Open Meet   | WNPS     | Bridgend Cty    | 1     |
| 2:45.77 | 433    | H     | 12/05/19 | Swansea Aquatics Centenary 2019 LC Open Meet   | WNPS     | Bridgend Cty    | 1     |
| 2:44.35 | 445    | F     | 23/03/19 | UoB & Bristol Henleaze National Qualifier Open | Hengrove | Bridgend Cty    | 1     |
| 2:59.72 | 340    | F     | 18/06/17 | Torfaen Dolphins Non National Qualifier        | Cardiff  | Bridgend Cty    | 3     |
| 3:20.78 | 244    | F     | 11/01/15 | Swim Wales Open New Year Meet                  | Swansea  | Bridgend Cty    | 1     |
| 3:23.44 | 234    | F     | 21/09/14 | Swim Wales Legend Meet                         | Swansea  |                 | 3     |
| 3:29.64 | 214    | F     | 11/01/14 | British Gas Swim Wales New Year Meet           | Swansea  | Bridgend Cty    | 1     |