

Individual Best Times (All Time)

Christopher Cook - (358482) - Ryedale SC - 50 Freestyle - Short 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
26.17	457		20/06/15	Scarborough Annual A & B Graded Meet 2015	Scarborough	Scarborough	3
26.22	454		17/06/17	Scarborough Annual A & B Graded Meet	Scarborough	Ryedale	3
26.24	453	H	21/10/17	Yorkshire SA Winter Competition	Sheffield	Ryedale	2
26.41	444		18/06/16	Scarborough Annual A & B Graded Meet	Scarborough	Ryedale	3
26.56	437	H	07/12/14	ASANER BG Regional Senior & Youth Champs	Sunderland	Scarborough	2
26.59	435	H	15/10/16	Yorkshire SA Winter Competition	Leeds	Ryedale	2
27.37	399		15/11/14	Scarborough & District Championships	Hull	Ryedale	3
27.39	398	H	01/11/14	York City Baths Club Regional Qualifier	Hull		3
28.00	373		21/06/14	Scarborough SC A & B Graded Meet	Scarborough	Scarborough	3
28.48	354		09/11/13	Scarborough & District Swimming Champs	Beverley	Ryedale	3
28.88	340		15/06/13	Scarborough SC SSC A&B Meet 2013	Scarborough	Ryedale	3
29.46	320	H	06/04/13	Kingston Upon Hull Easter A B Meet	Hull	Ryedale	3
29.71	312	H	28/10/12	Harrogate Autumn Open Meet	Harrogate	Ryedale	3
30.38	292		10/11/12	Scarborough & District League Champs	Scarborough	Ryedale	3
30.52	288	H	30/06/12	KUHSC End of Season Meet 2012	Hull	Ryedale	3
30.62	285	H	22/04/12	Harrogate District Spa Town A B Grade Meet	Harrogate	Ryedale	3
30.96	276		16/06/12	Scarborough SC A&B Graded Gala	Scarborough	Ryedale	4
31.19	270	H	14/01/12	Harrogate Janus A & B Grade Meet	Harrogate	Ryedale	3
31.56	260		12/11/11	Scarborough Ridings League Championships	Beverley	Ryedale	4
31.66	258		18/06/11	Scarborough 15th Annual A & B Graded Meet	Scarborough	Ryedale	4
32.33	242	H	02/07/11	Kingston upon Hull SC End of Season Meet	Hull	Ryedale	3
32.80	232	H	24/10/10	Harrogate Junior Open Meet	Harrogate	Ryedale	2
33.42	219	H	30/01/10	28th Harrogate Open Meet	Harrogate	Ryedale	2
34.20	204	H	03/07/10	Kingston Upon Hull Open Meet	Hull	Ryedale	3
34.43	200	H	10/10/09	Yorkshire Winter Meet	Sheffield	Ryedale	2
34.95	191	H	25/04/09	Harrogate A & B Grade	Harrogate	Ryedale	2
35.70	170	H	01/02/09	Harrogate District Open	Harrogate	Ryedale	1

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