

Individual Best Times (All Time)

Christopher Cook - (358482) - Ryedale SC - 50 Butterfly - 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
29.22	412	H	22/10/17	Yorkshire SA Winter Competition	Sheffield	Ryedale	2
29.25	411	H	17/06/18	Scarborough Annual A & B Graded Meet	Scarborough	Ryedale	3
29.28	409		18/06/17	Scarborough Annual A & B Graded Meet	Scarborough	Ryedale	3
29.46	402	H	21/10/18	Yorkshire Winter Competition	Sheffield	Ryedale	2
29.63	395		21/06/15	Scarborough Annual A & B Graded Meet 2015	Scarborough	Scarborough	3
29.94	383		19/06/16	Scarborough Annual A & B Graded Meet	Scarborough	Ryedale	3
30.61	358	H	16/10/16	Yorkshire SA Winter Competition	Leeds	Ryedale	2
31.65	324		15/11/14	Scarborough & District Championships	Hull	Ryedale	3
32.19	308		22/06/14	Scarborough SC A & B Graded Meet	Scarborough	Scarborough	3
33.25	279		09/11/13	Scarborough & District Swimming Champs	Beverley	Ryedale	3
35.12	237		16/06/13	Scarborough SC SSC A&B Meet 2013	Scarborough	Ryedale	3
37.19	200		10/11/12	Scarborough & District League Champs	Scarborough	Ryedale	3
37.58	193		18/06/11	Scarborough 15th Annual A & B Graded Meet	Scarborough	Ryedale	4
37.68	192		17/06/12	Scarborough SC A&B Graded Gala	Scarborough	Ryedale	4
38.31	182	H	30/06/12	KUHSC End of Season Meet 2012	Hull	Ryedale	3
38.62	178	H	14/01/12	Harrogate Janus A & B Grade Meet	Harrogate	Ryedale	3
39.05	172		12/11/11	Scarborough Ridings League Championships	Beverley	Ryedale	4
39.11	171	H	03/07/11	Kingston upon Hull SC End of Season Meet	Hull	Ryedale	3
40.49	155	H	23/10/10	Harrogate Junior Open Meet	Harrogate	Ryedale	2
41.59	143	H	30/01/10	28th Harrogate Open Meet	Harrogate	Ryedale	2
41.93	139	H	04/07/10	Kingston Upon Hull Open Meet	Hull	Ryedale	3
42.63	132	H	11/10/09	Yorkshire Winter Meet	Sheffield	Ryedale	2
44.86	113	H	31/01/09	Harrogate District Open	Harrogate	Ryedale	1
45.79	107	H	25/04/09	Harrogate A & B Grade	Harrogate	Ryedale	2

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