

Individual Best Times (All Time)

Christopher Cook - (358482) - Ryedale SC - 100 Backstroke - 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
1:10.93	316	H	11/10/15	Yorkshire Winter Competition	Sheffield	Scarborough	2
1:12.71	293		20/06/15	Scarborough Annual A & B Graded Meet 2015	Scarborough	Scarborough	3
1:13.47	284		30/11/13	Scarborough & District Distance Gala	Scarborough	Ryedale	3
1:14.03	278		21/06/14	Scarborough SC A & B Graded Meet	Scarborough	Scarborough	3
1:15.21	265	H	01/11/14	York City Baths Club Regional Qualifier	Hull		3
1:16.46	252	H	07/07/13	Kingston upon Hull End of Season Meet	Kingston upon Hull	Ryedale	3
1:16.72	249		15/06/13	Scarborough SC SSC A&B Meet 2013	Scarborough	Ryedale	3
1:20.42	217	H	01/07/12	KUHSC End of Season Meet 2012	Hull	Ryedale	3
1:22.15	203		16/06/12	Scarborough SC A&B Graded Gala	Scarborough	Ryedale	4
1:23.21	195		18/06/11	Scarborough 15th Annual A & B Graded Meet	Scarborough	Ryedale	4
1:24.31	188	H	22/04/12	Harrogate District Spa Town A B Grade Meet	Harrogate	Ryedale	3
1:25.07	183	H	08/10/11	Yorkshire Winter Competition	Sheffield	Ryedale	2
1:28.01	165	H	09/10/10	Yorkshire Winter Comp	Sheffield	Ryedale	2
1:28.62	162	H	08/05/10	Middlesbrough Open Meet	Middlesbrough	Ryedale	2

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:10.93	316	H	11/10/15	Yorkshire Winter Competition	Sheffield	Scarborough	2
1:12.71	293		20/06/15	Scarborough Annual A & B Graded Meet 2015	Scarborough	Scarborough	3
1:15.21	265	H	01/11/14	York City Baths Club Regional Qualifier	Hull		3
1:14.03	278		21/06/14	Scarborough SC A & B Graded Meet	Scarborough	Scarborough	3
1:13.47	284		30/11/13	Scarborough & District Distance Gala	Scarborough	Ryedale	3
1:16.46	252	H	07/07/13	Kingston upon Hull End of Season Meet	Kingston upon Hull	Ryedale	3
1:16.72	249		15/06/13	Scarborough SC SSC A&B Meet 2013	Scarborough	Ryedale	3
1:20.42	217	H	01/07/12	KUHSC End of Season Meet 2012	Hull	Ryedale	3
1:22.15	203		16/06/12	Scarborough SC A&B Graded Gala	Scarborough	Ryedale	4

1:24.31	188	H	22/04/12	Harrogate District Spa Town A B Grade Meet	Harrogate	Ryedale	3
1:25.07	183	H	08/10/11	Yorkshire Winter Competition	Sheffield	Ryedale	2
1:23.21	195		18/06/11	Scarborough 15th Annual A & B Graded Meet	Scarborough	Ryedale	4
1:28.01	165	H	09/10/10	Yorkshire Winter Comp	Sheffield	Ryedale	2
1:28.62	162	H	08/05/10	Middlesbrough Open Meet	Middlesbrough	Ryedale	2