

Individual Best Times (All Time)

Christopher Cook - (358482) - Ryedale SC - 200 Individual Medley - 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
2:34.70	355	H	16/06/18	Scarborough Annual A & B Graded Meet	Scarborough	Ryedale	3
2:35.55	350	H	11/10/15	Yorkshire Winter Competition	Sheffield	Scarborough	2
2:36.13	346		18/06/16	Scarborough Annual A & B Graded Meet	Scarborough	Ryedale	3
2:36.32	344		17/06/17	Scarborough Annual A & B Graded Meet	Scarborough	Ryedale	3
2:37.79	335		21/06/14	Scarborough SC A & B Graded Meet	Scarborough	Scarborough	3
2:38.44	331		20/06/15	Scarborough Annual A & B Graded Meet 2015	Scarborough	Scarborough	3
2:38.62	330	H	12/10/14	Yorkshire Winter Championships	Sheffield	Scarborough	2
2:39.09	327	H	01/11/14	York City Baths Club Regional Qualifier	Hull		3
2:41.53	312		15/11/14	Scarborough & District Championships	Hull	Ryedale	3
2:43.84	299		15/06/13	Scarborough SC SSC A&B Meet 2013	Scarborough	Ryedale	3
2:43.89	299	H	13/10/13	Yorkshire Winter Competition	Sheffield	Ryedale	2
2:52.31	257	H	28/10/12	Harrogate Autumn Open Meet	Harrogate	Ryedale	3
2:52.72	255		16/06/12	Scarborough SC A&B Graded Gala	Scarborough	Ryedale	4
2:53.92	250	H	14/10/12	Yorkshire SA Winter Competition 2012	Sheffield	Ryedale	2
2:56.21	240	H	01/07/12	KUHSC End of Season Meet 2012	Hull	Ryedale	3
2:59.38	228	H	08/10/11	Yorkshire Winter Competition	Sheffield	Ryedale	2
3:03.55	213	H	24/10/10	Harrogate Junior Open Meet	Harrogate	Ryedale	2
3:04.17	210	H	09/10/10	Yorkshire Winter Comp	Sheffield	Ryedale	2
3:06.15	204	H	03/07/10	Kingston Upon Hull Open Meet	Hull	Ryedale	3
3:08.76	195	H	25/04/10	Harrogate A&B Grade Meet	Harrogate	Ryedale	3
3:09.62	193	H	31/01/10	28th Harrogate Open Meet	Harrogate	Ryedale	2
3:26.40	149	H	26/04/09	Harrogate A & B Grade	Harrogate	Ryedale	2
3:26.50	149	H	31/01/09	Harrogate District Open	Harrogate	Ryedale	1

Swims in Date Order

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