

Individual Best Times (All Time)

Christopher Cook - (358482) - Ryedale SC - 100 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
58.69	445	H	10/10/15	Yorkshire Winter Competition	Sheffield	Scarborough	2
58.83	442	H	21/10/18	Yorkshire Winter Competition	Sheffield	Ryedale	2
58.94	440	H	17/06/18	Scarborough Annual A & B Graded Meet	Scarborough	Ryedale	3
59.16	435	H	22/10/17	Yorkshire SA Winter Competition	Sheffield	Ryedale	2
59.45	429	H	06/12/14	ASANER BG Regional Senior & Youth Champs	Sunderland	Scarborough	2
59.76	422	H	11/10/14	Yorkshire Winter Championships	Sheffield	Scarborough	2
59.82	421		18/06/17	Scarborough Annual A & B Graded Meet	Scarborough	Ryedale	3
1:00.26	412		21/06/15	Scarborough Annual A & B Graded Meet 2015	Scarborough	Scarborough	3
1:00.28	411		15/11/14	Scarborough & District Championships	Hull	Ryedale	3
1:00.54	406		19/06/16	Scarborough Annual A & B Graded Meet	Scarborough	Ryedale	3
1:00.81	400	H	16/10/16	Yorkshire SA Winter Competition	Leeds	Ryedale	2
1:00.82	400	H	01/11/14	York City Baths Club Regional Qualifier	Hull		3
1:01.88	380	H	13/10/13	Yorkshire Winter Competition	Sheffield	Ryedale	2
1:02.22	374		22/06/14	Scarborough SC A & B Graded Meet	Scarborough	Scarborough	3
1:02.84	363		30/11/13	Scarborough & District Distance Gala	Scarborough	Ryedale	3
1:03.53	351	H	07/07/13	Kingston upon Hull End of Season Meet	Kingston upon Hull	Ryedale	3
1:04.86	330	H	07/04/13	Kingston Upon Hull Easter A B Meet	Hull	Ryedale	3
1:05.47	321	H	27/10/12	Harrogate Autumn Open Meet	Harrogate	Ryedale	3
1:05.59	319		16/06/13	Scarborough SC SSC A&B Meet 2013	Scarborough	Ryedale	3
1:05.71	317	H	14/10/12	Yorkshire SA Winter Competition 2012	Sheffield	Ryedale	2
1:07.03	299		17/06/12	Scarborough SC A&B Graded Gala	Scarborough	Ryedale	4
1:07.94	287	H	09/10/11	Yorkshire Winter Competition	Sheffield	Ryedale	2
1:08.46	280	H	01/07/12	KUHSC End of Season Meet 2012	Hull	Ryedale	3
1:09.14	272	H	03/07/11	Kingston upon Hull SC End of Season Meet	Hull	Ryedale	3
1:09.60	267		19/06/11	Scarborough 15th Annual A & B Graded Meet	Scarborough	Ryedale	4
1:12.19	239	H	10/10/10	Yorkshire Winter Comp	Sheffield	Ryedale	2
1:14.60	217	H	08/05/10	Middlesbrough Open Meet	Middlesbrough	Ryedale	2

1:14.60	217	H	08/05/10	Middlesbrough Open Meet	Middlesbrough	Ryedale	2
1:14.79	215	H	23/10/10	Harrogate Junior Open Meet	Harrogate	Ryedale	2
1:15.76	207	H	04/07/10	Kingston Upon Hull Open Meet	Hull	Ryedale	3

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