

Individual Best Times (All Time)

Christopher Cook - (358482) - Ryedale SC - 400 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
4:49.97	392		20/06/14	Scarborough SC A & B Graded Meet	Scarborough	Scarborough	3
4:57.60	362		14/06/13	Scarborough SC SSC A&B Meet 2013	Scarborough	Ryedale	3
5:04.41	338	H	22/04/12	Harrogate District Spa Town A B Grade Meet	Harrogate	Ryedale	3
5:09.71	321	H	28/10/12	Harrogate Autumn Open Meet	Harrogate	Ryedale	3
5:17.15	299	H	14/01/12	Harrogate Janus A & B Grade Meet	Harrogate	Ryedale	3
5:22.05	286		15/06/12	Scarborough SC A&B Graded Gala	Scarborough	Ryedale	4
5:26.35	275		17/06/11	Scarborough 15th Annual A & B Graded Meet	Scarborough	Ryedale	4
5:31.03	263	H	24/10/10	Harrogate Junior Open Meet	Harrogate	Ryedale	2

Swims in Date Order

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