

Individual Best Times (All Time)

Christopher Cook - (358482) - Ryedale SC - 50 Breaststroke - 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
35.10	359	H	22/10/17	Yorkshire SA Winter Competition	Sheffield	Ryedale	2
35.44	348	H	16/06/18	Scarborough Annual A & B Graded Meet	Scarborough	Ryedale	3
35.72	340		18/06/16	Scarborough Annual A & B Graded Meet	Scarborough	Ryedale	3
35.83	337	H	21/10/18	Yorkshire Winter Competition	Sheffield	Ryedale	2
36.04	331	H	16/10/16	Yorkshire SA Winter Competition	Leeds	Ryedale	2
36.05	331		17/06/17	Scarborough Annual A & B Graded Meet	Scarborough	Ryedale	3
36.06	331		20/06/15	Scarborough Annual A & B Graded Meet 2015	Scarborough	Scarborough	3
37.08	304		21/06/14	Scarborough SC A & B Graded Meet	Scarborough	Scarborough	3
38.06	281		15/11/14	Scarborough & District Championships	Hull	Ryedale	3
38.26	277		09/11/13	Scarborough & District Swimming Champs	Beverley	Ryedale	3
38.81	265		15/06/13	Scarborough SC SSC A&B Meet 2013	Scarborough	Ryedale	3
39.66	248	H	07/07/13	Kingston upon Hull End of Season Meet	Kingston upon Hull	Ryedale	3
39.70	248	H	07/04/13	Kingston Upon Hull Easter A B Meet	Hull	Ryedale	3
40.26	238		10/11/12	Scarborough & District League Champs	Scarborough	Ryedale	3
41.22	221	H	01/07/12	KUHSC End of Season Meet 2012	Hull	Ryedale	3
41.48	217		16/06/12	Scarborough SC A&B Graded Gala	Scarborough	Ryedale	4
42.78	198		12/11/11	Scarborough Ridings League Championships	Beverley	Ryedale	4
43.99	182	H	02/07/11	Kingston upon Hull SC End of Season Meet	Hull	Ryedale	3
44.79	172		19/06/11	Scarborough 15th Annual A & B Graded Meet	Scarborough	Ryedale	4
46.19	157	H	23/10/10	Harrogate Junior Open Meet	Harrogate	Ryedale	2
47.83	141	H	31/01/10	28th Harrogate Open Meet	Harrogate	Ryedale	2
49.57	127	H	10/10/09	Yorkshire Winter Meet	Sheffield	Ryedale	2
49.60	127	H	25/04/10	Harrogate A&B Grade Meet	Harrogate	Ryedale	3
51.46	113	H	01/02/09	Harrogate District Open	Harrogate	Ryedale	1
53.65	100	H	26/04/09	Harrogate A & B Grade	Harrogate	Ryedale	2

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