

# Individual Best Times (All Time)

James Cooper - (814124) - Romford Town SC - 100 Butterfly - 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
1:01.31	473	H	07/11/15	ASA London Region Winter Short Course Championship	London	Romford Town	2
1:02.81	440	H	24/10/15	Essex Senior Short Course Championships 2015	Basildon	Romford Town	2
1:02.83	439	H	18/10/15	ASA National County Teams Division 2	Sheffield		2
1:02.90	438	F	10/10/15	National Arena League-London Premier Div-Round123	Hatfield	Romford Town	2
1:03.00	436	H	06/11/16	East Swimming 2016 SC Championships	Luton	Basildon Ph	2
1:03.52	425	H	29/10/16	Essex Senior Winter Championships 2016	Basildon	Basildon Ph	2
1:03.80	420	H	28/11/15	Thanet Swim Club Advent County Qualifier	Hartsdown	Romford Town	3
1:05.60	386	F	14/02/15	Essex County Age Group Championships 2015	Basildon	Romford Town	2
1:07.10	361	F	12/12/15	National Arena League-London Premier Div-Round123	Harlow	Romford Town	2
1:07.96	347	F	13/12/14	NASL London Rounds Premier Division	Basildon	Romford Town	2
1:08.30	342	H	30/11/14	Essex Senior Junior Championships	Basildon	Romford Town	2
1:08.88	333	H	14/02/15	Essex County Age Group Championships 2015	Basildon	Romford Town	2
1:12.05	291	H	29/03/14	Essex County Age Groups Championships	Basildon	Romford Town	2
1:16.30	245	F	29/03/14	Essex County Age Groups Championships	Basildon	Romford Town	2
1:18.84	222		19/10/13	Romford Town SC 7th SC Meet	Enfield	Romford Town	3
1:23.62	186	F	06/01/13	Redbridge Winter Meet 2013	Barkingside	Romford Town	3

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