

Individual Best Times (All Time)

James Cooper - (814124) - Romford Town SC - 200 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
2:51.21	345	H	28/11/15	Thanet Swim Club Advent County Qualifier	Hartsdown	Romford Town	3
3:01.81	288	H	17/01/15	Essex County Age Group Championships 2015	Basildon	Romford Town	2
3:02.28	286	H	22/11/14	Harlow Penguins Winter Open Meet	Harlow	Romford Town	3
3:04.42	276	F	02/11/14	Teamipswich Open Meet	Ipswich		3
3:34.24	176	F	06/01/13	Redbridge Winter Meet 2013	Barkingside	Romford Town	3
3:44.51	153	H	31/03/12	Essex County Championships	Basildon	Romford Town	2
3:49.72	143	H	06/11/11	Thurrock SC County Qualifier 2011	Grays	Romford Town	3
3:54.08	135		17/07/11	Borough of Waltham Forest End of Season Me	Waltham Forest	Romford Town	4
4:02.22	122		02/04/11	Borough of Waltham Forest (Gators) Meet	Waltham Forest	Romford Town	3
4:02.97	120		08/05/11	London Borough of Enfield Open Meet	Enfield	Romford Town	3

Swims in Date Order

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