

Individual Best Times (All Time)

Fraser Cooke - (859411) - Southport 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 |
|---------|--------|-------|----------|--|-------------------|-----------------|-------|
| 4:29.31 | 489 | H | 16/11/19 | Wigan BEST Future Stars Open Meet | Wigan Life Centre | Southport | 2 |
| 4:35.82 | 455 | H | 02/11/21 | Southport SC Club Championships | Dunes LC | Southport | 4 |
| 4:36.31 | 453 | H | 13/11/18 | Southport Club Championships 2018 | Dunes | Southport | 4 |
| 4:37.77 | 446 | H | 28/09/19 | North Lancashire Level 2 Age Groups & Champs | Blackpool | Southport | 2 |
| 4:46.87 | 405 | H | 08/11/16 | Southport Club Championships | Southport | Southport | 4 |
| 4:58.06 | 361 | H | 06/12/15 | Preston Christmas Countdown 2015 L3 Open Meet | Darwen | | 3 |
| 5:00.26 | 353 | H | 10/11/15 | Southport SC Club Championships | Southport | | 4 |
| 5:01.36 | 349 | H | 12/09/15 | City of Liverpool L3 Tadpole Gala | Liverpool | | 3 |
| 5:15.36 | 304 | H | 24/10/15 | Liverpool & District Age Group & Swimming Champs | Everton | | 2 |
| 5:20.12 | 291 | H | 22/11/14 | Liverpool & Dist Inter Association Gala | Huyton | | 2 |
| 5:51.72 | 219 | H | 08/02/14 | Liverpool & District S & WPA Age Group Champs | Knowsley | Southport | 2 |
| 6:03.15 | 199 | F | 16/11/13 | Wigan BEST Future Stars Meet | Wigan | Southport | 1 |

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6:03.15 199 F 16/11/13 Wigan BEST Future Stars Meet

Wigan

Southport

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