

Individual Best Times (All Time)

Christian Rook - (871772) - Louth Dolphins SC - 200 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
2:33.58	270	H	12/11/17	Louth Annual Club Championships 2017	Louth	Louth	4
2:44.93	218	H	13/11/16	Louth Annual Club Championships	Louth	Louth	4
3:03.81	158	H	05/04/15	Kingston upon Hull A B Meet	Hull		3
3:52.00	78	H	28/12/13	Cleethorpes & District SC Club Championships	Grimsby	Cleethorpes	4

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