

# Individual Best Times (All Time)

Bethan Cooke - (887673) - City of Birmingham 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
4:32.23	613	H	28/01/23	Staffordshire ASA Championships 2023	Stafford	Chase	2
4:38.41	573	H	13/11/22	Chase Roebuck Level 3 Distance Open 2022	Walsall	Chase	3
4:41.43	555	H	08/02/20	Staffordshire ASA County Swimming	Stafford	Chase	2
4:42.87	546	H	20/10/19	Roebuck Distance Level 3 Open Meet	Stafford	Chase	3
4:43.88	540	H	13/02/22	Staffordshire ASA County Championships 2022	Stafford	Chase	2
4:46.55	525	H	28/11/21	Nuneaton & Bedworth Winter Open Meet	Nuneaton	Chase	3
4:46.83	524	H	24/09/21	Boldmere Open	Birmingham	Chase	3
4:49.72	508	H	10/02/19	Staffordshire ASA County Swimming Championships	Stafford	Chase	2
4:51.32	500	H	06/11/21	Swim England West Midlands Regional	Coventry	Chase	2
4:55.09	481	H	07/10/18	Stafford Apex 2018 Autumn Meet	Stafford	Chase	3
4:56.28	475	H	14/12/18	Wolverhampton Christmas Open Meet	Wolverhampton	Chase	3
5:11.61	408	H	11/02/18	Staffordshire ASA Championships	Stafford	Chase	2
5:21.53	372	H	18/11/17	City of Hereford Open Meet 2017	Hereford	Chase	3
5:24.10	363	H	29/10/17	Roebuck L3 Distance Open Meet	Walsall	Chase	3
5:30.45	342	H	12/02/17	Staffordshire ASA Championships	Stafford	Chase	2
5:49.51	289	H	02/10/16	Stafford Apex 2016 Autumn Open Meet	Stafford	Chase	3

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:32.23	613	H	28/01/23	Staffordshire ASA Championships 2023	Stafford	Chase	2
4:38.41	573	H	13/11/22	Chase Roebuck Level 3 Distance Open 2022	Walsall	Chase	3
4:43.88	540	H	13/02/22	Staffordshire ASA County Championships 2022	Stafford	Chase	2
4:46.55	525	H	28/11/21	Nuneaton & Bedworth Winter Open Meet	Nuneaton	Chase	3
4:51.32	500	H	06/11/21	Swim England West Midlands Regional	Coventry	Chase	2
4:46.83	524	H	24/09/21	Boldmere Open	Birmingham	Chase	3
4:41.43	555	H	08/02/20	Staffordshire ASA County Swimming	Stafford	Chase	2

4:42.87	546	H	20/10/19	Roebuck Distance Level 3 Open Meet	Stafford	Chase	3
4:49.72	508	H	10/02/19	Staffordshire ASA County Swimming Championships	Stafford	Chase	2
4:56.28	475	H	14/12/18	Wolverhampton Christmas Open Meet	Wolverhampton	Chase	3
4:55.09	481	H	07/10/18	Stafford Apex 2018 Autumn Meet	Stafford	Chase	3
5:11.61	408	H	11/02/18	Staffordshire ASA Championships	Stafford	Chase	2
5:21.53	372	H	18/11/17	City of Hereford Open Meet 2017	Hereford	Chase	3
5:24.10	363	H	29/10/17	Roebuck L3 Distance Open Meet	Walsall	Chase	3
5:30.45	342	H	12/02/17	Staffordshire ASA Championships	Stafford	Chase	2
5:49.51	289	H	02/10/16	Stafford Apex 2016 Autumn Open Meet	Stafford	Chase	3