

Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 50 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
27.18	408	F	01/12/19	City of St Albans Winter Open Meet	St Albans	Co St Albans	3
27.27	404	F	23/06/19	The Terry Davies Alternative Nationals	Woodside	Co St Albans	3
27.51	393	F	03/12/17	Open Winter Meet 2017	St Albans	Co St Albans	3
27.51	393	F	03/03/18	Watford Regional Qualifier	Watford	Co St Albans	3
27.64	388	F	14/03/20	City of St Albans Spring Open Meet	St Albans	Co St Albans	3
27.79	381	F	10/03/18	CoStA Spring Open Meet 2018	St Albans	Co St Albans	3
27.82	380	F	30/09/17	City of St Albans Club Sprint Night	St Albans	Co St Albans	4
27.91	376	F	25/06/17	City of St Albans Club Championships 2017	St Albans	Co St Albans	4
27.97	374	F	26/11/17	Watford November 2017 County Qualifier	Garston	Co St Albans	3
28.03	372	F	18/11/18	Watford November 2018 County Qualifier	Garston	Co St Albans	3
28.07	370	F	18/06/17	The Terry Davies Alternative Nationals	Watford	Co St Albans	3
28.28	362	H	27/01/18	Hertfordshire County Championships	Borehamwood	Co St Albans	2
28.75	344	F	26/03/17	City of St Albans Spring Open Meet	St Albans	Co St Albans	3
28.77	344	F	29/09/18	CoStA Club Sprint Night 2018	St Albans	Co St Albans	4
29.36	323	H	15/09/18	9th Hoddesdon Novice Open Meet	Borehamwood	Co St Albans	3
29.80	309	H	28/01/17	Herts County Champs & Age Group Champs	Borehamwood	Co St Albans	2
29.87	307	F	27/11/16	St Albans Open Meet	St Albans	Co St Albans	3
30.04	302	H	18/12/16	Hatfield Christmas Gala	Hatfield	Co St Albans	3
30.15	298	F	19/12/20	City of St Albans	Westminster Lodge		0
30.53	287	F	26/06/16	The Terry Davies Alternative Nationals 2016	Watford	Co St Albans	3
30.63	285	F	03/07/16	City of St Albans Club Championships	St Albans	Co St Albans	4
30.64	284	F	01/10/16	City of St Albans 2016 Sprint Night	St Albans	Co St Albans	4
30.96	276	H	29/10/16	Cheshunt Open Meet	Harlow	Co St Albans	3
31.11	272	F	12/03/16	Watford Regional Qualifier	Watford	Co St Albans	3
31.52	261	F	29/11/15	City of St Albans Invitational Meet	St Albans	Co St Albans	4
32.16	246	F	19/09/15	City of St Albans ASC September Sprint Meet	St Albans	Co St Albans	4
32.22	244	H	25/01/16	Hertfordshire County Championships	Borehamwood	Co St Albans	2

32.22	244	F	23/01/16	Hertfordshire County Championships	Borehamwood	Co St Albans	2
33.00	227	F	28/06/15	The Terry Davies Alternative Nationals	Watford	Co St Albans	3
33.19	224	F	21/03/15	Hertfordshire County Championships	Borehamwood	Co St Albans	2
34.33	202	F	22/11/14	Hatfield Winter Gala	Hatfield	Co St Albans	3
34.88	193	F	25/01/15	City of St Albans Club Championships	St Albans	Co St Albans	4
35.21	187	F	10/05/14	Mid Beds Swim Squad L2 Open Meet	Biggleswade	Co St Albans	2
35.27	186	F	26/04/14	St Albans District Primary Trials Gala 2014	St Albans	Co St Albans	4
35.41	184	F	15/03/14	Hertfordshire County Championships	Borehamwood	Co St Albans	2
35.66	180	H	01/11/14	Cheshunt 10th Annual Open Meet	Harlow		3
36.00	175	F	02/02/14	Hertsme Flyers Last Chance "No Frills" Gala	Barnet	Co St Albans	3
36.31	171	F	18/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	Co St Albans	3
36.86	163	F	06/07/14	City of St Albans Open Meet	St Albans	Co St Albans	3
37.20	159	F	18/01/14	City of St Albans Club Championships Round 1	St Albans	Co St Albans	4
39.27	135	F	30/06/13	Watford SC Alternative Nationals Open Meet	Watford	Co St Albans	3
40.83	120	F	23/03/13	Hertfordshire County Championships	Borehamwood	Co St Albans	2
41.84	111	F	09/03/13	St Albans District Primary Trials Gala 2013	St Albans	Co St Albans	4
42.03	110	F	19/01/13	City of St Albans ASC Club Championships	St Albans	Co St Albans	4
44.34	93	F	20/10/12	Hemel Hempstead SC 99th Birthday Meet	Hemel Hempstead	Co St Albans	3
48.97	69	F	21/01/12	City of St Albans Club Championships	Hatfield	Co St Albans	4

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