

# Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 200 Butterfly - 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
2:25.21	398	F	17/11/19	Watford November 2019 County Qualifier	Garston	Co St Albans	3
2:26.69	386	H	29/09/19	Team Luton September Open Meet	Luton	Co St Albans	3
2:28.17	375	F	30/11/19	City of St Albans Winter Open Meet	St Albans	Co St Albans	3
2:29.08	368	H	25/01/20	Swim England Hertfordshire County Championships	Borehamwood	Co St Albans	2
2:29.28	366	H	27/01/19	SE Hertfordshire County Champs & Age Group Comp	Borehamwood	Co St Albans	2
2:29.82	362	F	18/11/18	Watford November 2018 County Qualifier	Garston	Co St Albans	3
2:30.95	354	F	16/03/19	Watford Regional Qualifier 2019	Garston	Co St Albans	3
2:33.46	337	H	21/07/19	Putteridge 2nd Alternative Nationals 2019	Inspire	Co St Albans	2
2:34.47	330	H	24/09/17	Team Luton Autumn Short Course Meet 2017	Luton	Co St Albans	3
2:37.78	310	F	22/09/18	Hemel Hempstead 200 Fly Fest	Hemel Hempstead	Co St Albans	3
2:38.50	306	F	26/11/17	Watford November 2017 County Qualifier	Garston	Co St Albans	3
2:39.69	299	F	03/03/18	Watford Regional Qualifier	Watford	Co St Albans	3
2:39.77	299	F	18/06/17	The Terry Davies Alternative Nationals	Watford	Co St Albans	3
2:45.98	266	H	25/09/16	Team Luton September Short Course Meet	Luton	Co St Albans	2
2:49.44	250	F	29/01/17	Herts County Champs & Age Group Champs	Borehamwood	Co St Albans	2
2:49.83	249	F	27/11/16	St Albans Open Meet	St Albans	Co St Albans	3
2:50.30	246	F	26/06/16	The Terry Davies Alternative Nationals 2016	Watford	Co St Albans	3
3:00.74	206	F	03/04/16	Hatfield Spring Gala	Hatfield	Co St Albans	3

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