

Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 100 Backstroke - 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
1:06.26	388	H	23/09/17	Team Luton Autumn Short Course Meet 2017	Luton	Co St Albans	3
1:06.59	382	F	17/03/19	Watford Regional Qualifier 2019	Garston	Co St Albans	3
1:07.24	371	F	24/06/17	City of St Albans Club Championships 2017	St Albans	Co St Albans	4
1:07.56	366	F	10/03/18	CoStA Spring Open Meet 2018	St Albans	Co St Albans	3
1:07.74	363	F	26/11/17	Watford November 2017 County Qualifier	Garston	Co St Albans	3
1:08.16	356	F	17/06/17	The Terry Davies Alternative Nationals	Watford	Co St Albans	3
1:08.92	344	F	22/06/19	The Terry Davies Alternative Nationals	Woodside	Co St Albans	3
1:09.17	341	H	28/09/19	Team Luton September Open Meet	Luton	Co St Albans	3
1:09.36	338	F	26/03/17	City of St Albans Spring Open Meet	St Albans	Co St Albans	3
1:09.55	335	F	17/11/19	Watford November 2019 County Qualifier	Garston	Co St Albans	3
1:09.95	329	F	26/11/16	St Albans Open Meet	St Albans	Co St Albans	3
1:10.06	328	F	02/12/17	Open Winter Meet 2017	St Albans	Co St Albans	3
1:10.30	324	H	15/09/18	9th Hoddesdon Novice Open Meet	Borehamwood	Co St Albans	3
1:10.80	318	F	01/12/19	City of St Albans Winter Open Meet	St Albans	Co St Albans	3
1:11.26	311	F	17/12/16	Hatfield Christmas Gala	Hatfield	Co St Albans	3
1:11.34	310	H	17/12/16	Hatfield Christmas Gala	Hatfield	Co St Albans	3
1:11.42	309	H	21/07/19	Putteridge 2nd Alternative Nationals 2019	Inspire	Co St Albans	2
1:11.62	307	F	19/03/17	Watford Regional Qualifier	Watford	Co St Albans	3
1:11.86	304	H	21/01/17	Herts County Champs & Age Group Champs	Borehamwood	Co St Albans	2
1:12.83	292	F	14/03/20	City of St Albans Spring Open Meet	St Albans	Co St Albans	3
1:13.35	286	F	02/12/18	City Of St Albans Open Meet Winter 2018	St Albans	Co St Albans	3
1:13.82	280	F	17/06/18	City of St Albans Club Championships 2018	Westminster Lodge LC	Co St Albans	4
1:14.77	270	F	02/07/16	City of St Albans Club Championships	St Albans	Co St Albans	4
1:14.89	268	F	25/06/16	The Terry Davies Alternative Nationals 2016	Watford	Co St Albans	3
1:15.47	262	F	13/03/16	Watford Regional Qualifier	Watford	Co St Albans	3
1:16.55	251	F	23/01/16	Hertfordshire County Championships	Borehamwood	Co St Albans	2
1:16.86	247	F	28/11/15	City of St Albans Invitational Meet	St Albans	Co St Albans	4

1:16.96	247	F	20/11/15	City of St Albans Invitational Meet	St Albans	Co St Albans	4
1:17.34	244	F	22/11/15	Watford November County Qualifier Open Meet	Watford	Co St Albans	3
1:20.73	214	H	31/10/15	Cheshunt Open Meet	Harlow		3
1:29.17	159	H	01/11/14	Cheshunt 10th Annual Open Meet	Harlow		3
1:44.47	99	F	12/05/13	City of St Albans SC Club Championships	St Albans	Co St Albans	4
2:01.32	63	F	26/05/12	City of St Albans Club Championships	Hatfield	Co St Albans	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:12.83	292	F	14/03/20	City of St Albans Spring Open Meet	St Albans	Co St Albans	3
1:10.80	318	F	01/12/19	City of St Albans Winter Open Meet	St Albans	Co St Albans	3
1:09.55	335	F	17/11/19	Watford November 2019 County Qualifier	Garston	Co St Albans	3
1:09.17	341	H	28/09/19	Team Luton September Open Meet	Luton	Co St Albans	3
1:11.42	309	H	21/07/19	Putteridge 2nd Alternative Nationals 2019	Inspire	Co St Albans	2
1:08.92	344	F	22/06/19	The Terry Davies Alternative Nationals	Woodside	Co St Albans	3
1:06.59	382	F	17/03/19	Watford Regional Qualifier 2019	Garston	Co St Albans	3
1:13.35	286	F	02/12/18	City of St Albans Open Meet Winter 2018	St Albans	Co St Albans	3
1:10.30	324	H	15/09/18	9th Hoddesdon Novice Open Meet	Borehamwood	Co St Albans	3
1:13.82	280	F	17/06/18	City of St Albans Club Championships 2018	Westminster Lodge LC	Co St Albans	4
1:07.56	366	F	10/03/18	CoStA Spring Open Meet 2018	St Albans	Co St Albans	3
1:10.06	328	F	02/12/17	Open Winter Meet 2017	St Albans	Co St Albans	3
1:07.74	363	F	26/11/17	Watford November 2017 County Qualifier	Garston	Co St Albans	3
1:06.26	388	H	23/09/17	Team Luton Autumn Short Course Meet 2017	Luton	Co St Albans	3
1:07.24	371	F	24/06/17	City of St Albans Club Championships 2017	St Albans	Co St Albans	4
1:08.16	356	F	17/06/17	The Terry Davies Alternative Nationals	Watford	Co St Albans	3
1:09.36	338	F	26/03/17	City of St Albans Spring Open Meet	St Albans	Co St Albans	3
1:11.62	307	F	19/03/17	Watford Regional Qualifier	Watford	Co St Albans	3
1:11.86	304	H	21/01/17	Herts County Champs & Age Group Champs	Borehamwood	Co St Albans	2
1:11.26	311	F	17/12/16	Hatfield Christmas Gala	Hatfield	Co St Albans	3
1:11.34	310	H	17/12/16	Hatfield Christmas Gala	Hatfield	Co St Albans	3
1:09.95	329	F	26/11/16	St Albans Open Meet	St Albans	Co St Albans	3
1:14.77	270	F	02/07/16	City of St Albans Club Championships	St Albans	Co St Albans	4
1:14.89	268	F	25/06/16	The Terry Davies Alternative Nationals 2016	Watford	Co St Albans	3
1:15.47	262	F	13/03/16	Watford Regional Qualifier	Watford	Co St Albans	3
1:16.55	251	F	23/01/16	Hertfordshire County Championships	Borehamwood	Co St Albans	2
1:16.96	247	F	28/11/15	City of St Albans Invitational Meet	St Albans	Co St Albans	4
1:17.34	244	F	22/11/15	Watford November County Qualifier Open Meet	Watford	Co St Albans	3
1:20.73	214	H	31/10/15	Cheshunt Open Meet	Harlow		3
1:29.17	159	H	01/11/14	Cheshunt 10th Annual Open Meet	Harlow		3
1:44.47	99	F	12/05/13	City of St Albans SC Club Championships	St Albans	Co St Albans	4
2:01.32	63	F	26/05/12	City of St Albans Club Championships	Hatfield	Co St Albans	4