

# Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 200 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
2:19.60	433	F	24/06/17	City of St Albans Club Championships 2017	St Albans	Co St Albans	4
2:20.39	425	F	25/11/17	Watford November 2017 County Qualifier	Garston	Co St Albans	3
2:21.66	414	F	18/06/17	The Terry Davies Alternative Nationals	Watford	Co St Albans	3
2:22.62	406	F	16/11/19	Watford November 2019 County Qualifier	Garston	Co St Albans	3
2:23.14	401	F	03/03/18	Watford Regional Qualifier	Watford	Co St Albans	3
2:23.28	400	H	28/01/18	Hertfordshire County Championships	Borehamwood	Co St Albans	2
2:23.38	399	H	23/09/17	Team Luton Autumn Short Course Meet 2017	Luton	Co St Albans	3
2:25.65	381	H	27/01/19	SE Hertfordshire County Champs & Age Group Comp	Borehamwood	Co St Albans	2
2:25.87	379	H	28/09/19	Team Luton September Open Meet	Luton	Co St Albans	3
2:25.95	379	H	04/11/18	Swim England East Region Short Course Championship	Luton	Co St Albans	2
2:26.14	377	F	23/06/19	The Terry Davies Alternative Nationals	Woodside	Co St Albans	3
2:27.56	366	F	03/12/17	Open Winter Meet 2017	St Albans	Co St Albans	3
2:31.74	337	F	01/12/18	City Of St Albans Open Meet Winter 2018	St Albans	Co St Albans	3
2:32.06	335	F	27/11/16	St Albans Open Meet	St Albans	Co St Albans	3
2:32.45	332	H	24/09/16	Team Luton September Short Course Meet	Luton	Co St Albans	2
2:33.63	325	F	26/06/16	The Terry Davies Alternative Nationals 2016	Watford	Co St Albans	3
2:34.46	319	F	03/07/16	City of St Albans Club Championships	St Albans	Co St Albans	4
2:34.49	319	F	29/01/17	Herts County Champs & Age Group Champs	Borehamwood	Co St Albans	2
2:38.16	297	F	29/11/15	City of St Albans Invitational Meet	St Albans	Co St Albans	4
2:40.44	285	F	12/03/16	Watford Regional Qualifier	Watford	Co St Albans	3
2:44.49	264	F	26/01/16	Hertfordshire County Championships	Borehamwood	Co St Albans	2
2:48.42	246	F	28/06/15	The Terry Davies Alternative Nationals	Watford	Co St Albans	3
2:56.42	214	F	22/03/15	Hertfordshire County Championships	Borehamwood	Co St Albans	2
3:04.01	189	F	25/01/15	City of St Albans Club Championships	St Albans	Co St Albans	4
3:04.25	188	H	15/11/14	Team Luton Autumn Short Course Meet	Luton		2
3:20.46	146	F	18/01/14	City of St Albans Club Championships Round 1	St Albans	Co St Albans	4

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