

Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 200 Individual Medley - 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
2:27.06	414	H	29/09/19	Team Luton September Open Meet	Luton	Co St Albans	3
2:29.18	396	F	17/06/17	The Terry Davies Alternative Nationals	Watford	Co St Albans	3
2:29.20	396	F	22/06/19	The Terry Davies Alternative Nationals	Woodside	Co St Albans	3
2:29.56	393	F	16/11/19	Watford November 2019 County Qualifier	Garston	Co St Albans	3
2:31.47	379	F	10/03/18	CoStA Spring Open Meet 2018	St Albans	Co St Albans	3
2:31.98	375	F	08/03/20	Watford March 2020 Regional Qualifier	Garston	Co St Albans	3
2:32.54	371	F	04/03/18	Watford Regional Qualifier	Watford	Co St Albans	3
2:32.91	368	F	25/11/17	Watford November 2017 County Qualifier	Garston	Co St Albans	3
2:32.92	368	H	12/01/20	Swim England Hertfordshire County Championships	Borehamwood	Co St Albans	2
2:33.76	362	F	26/03/17	City of St Albans Spring Open Meet	St Albans	Co St Albans	3
2:34.42	357	F	24/06/17	City of St Albans Club Championships 2017	St Albans	Co St Albans	4
2:35.93	347	F	19/03/17	Watford Regional Qualifier	Watford	Co St Albans	3
2:36.59	343	H	20/01/18	Hertfordshire County Championships	Borehamwood	Co St Albans	2
2:37.19	339	F	25/06/16	The Terry Davies Alternative Nationals 2016	Watford	Co St Albans	3
2:37.75	335	F	01/12/19	City of St Albans Winter Open Meet	St Albans	Co St Albans	3
2:37.90	334	F	21/01/17	Herts County Champs & Age Group Champs	Borehamwood	Co St Albans	2
2:38.19	332	H	25/09/16	Team Luton September Short Course Meet	Luton	Co St Albans	2
2:38.22	332	H	15/09/18	9th Hoddesdon Novice Open Meet	Borehamwood	Co St Albans	3
2:39.18	326	F	02/12/17	Open Winter Meet 2017	St Albans	Co St Albans	3
2:39.31	325	F	02/07/16	City of St Albans Club Championships	St Albans	Co St Albans	4
2:40.30	319	F	02/12/18	City Of St Albans Open Meet Winter 2018	St Albans	Co St Albans	3
2:41.56	312	F	27/11/16	St Albans Open Meet	St Albans	Co St Albans	3
2:42.77	305	F	13/03/16	Watford Regional Qualifier	Watford	Co St Albans	3
2:43.31	302	F	17/12/16	Hatfield Christmas Gala	Hatfield	Co St Albans	3
2:43.34	302	H	17/12/16	Hatfield Christmas Gala	Hatfield	Co St Albans	3
2:45.90	288	F	03/04/16	Hatfield Spring Gala	Hatfield	Co St Albans	3
2:51.03	246	F	28/11/15	City of St Albans Invitational Meet	St Albans	Co St Albans	4

2:34.93	240	F	20/11/13	City of St Albans Invitational Meet	St Albans	Co St Albans	4
3:06.73	202	F	15/03/15	Hertfordshire County Championships	Borehamwood	Co St Albans	2
3:14.83	178	F	24/01/15	City of St Albans Club Championships	St Albans	Co St Albans	4
3:15.00	177	F	18/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	Co St Albans	3
3:15.73	175	H	16/11/14	Team Luton Autumn Short Course Meet	Luton		2
3:24.26	154	F	09/03/14	Hertfordshire ASA County Championships	Borehamwood	Co St Albans	2
3:29.90	142	F	20/10/13	Hemel Hempstead 100th Birthday Open Meet	Hemel Hempstead	Co St Albans	3
3:34.16	134	F	29/06/13	Watford SC Alternative Nationals Open Meet	Watford	Co St Albans	3
3:37.60	127	F	23/11/13	Hatfield Winter Gala 2013	Hatfield	Co St Albans	3
3:39.75	124	F	21/09/13	Hoddesdon SC Open Meet	Enfield	Co St Albans	3

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