

Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 400 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
5:09.33	437	F	17/03/19	Watford Regional Qualifier 2019	Garston	Co St Albans	3
5:13.60	419	F	17/11/19	Watford November 2019 County Qualifier	Garston	Co St Albans	3
5:15.04	414	H	28/09/19	Team Luton September Open Meet	Luton	Co St Albans	3
5:16.38	408	H	02/02/19	SE Hertfordshire County Champs & Age Group Comp	Borehamwood	Co St Albans	2
5:18.30	401	H	03/02/18	Hertfordshire County Championships 2018	Borehamwood	Co St Albans	2
5:19.49	396	F	25/06/17	City of St Albans Club Championships 2017	St Albans	Co St Albans	4
5:22.38	386	F	03/12/17	Open Winter Meet 2017	St Albans	Co St Albans	3
5:22.70	385	F	26/11/17	Watford November 2017 County Qualifier	Garston	Co St Albans	3
5:24.95	377	F	01/12/18	City Of St Albans Open Meet Winter 2018	St Albans	Co St Albans	3
5:25.94	373	H	23/09/17	Team Luton Autumn Short Course Meet 2017	Luton	Co St Albans	3
5:27.22	369	H	26/01/20	Swim England Hertfordshire County Championships	Borehamwood	Co St Albans	2
5:31.25	356	H	25/09/16	Team Luton September Short Course Meet	Luton	Co St Albans	2
5:32.39	352	F	27/11/16	St Albans Open Meet	St Albans	Co St Albans	3
5:33.19	350	F	19/03/17	Watford Regional Qualifier	Watford	Co St Albans	3
5:33.55	348	H	21/07/19	Putteridge 2nd Alternative Nationals 2019	Inspire	Co St Albans	2
5:35.03	344	F	03/07/16	City of St Albans Club Championships	St Albans	Co St Albans	4
5:35.53	342	F	04/02/17	Herts County Champs & Age Group Champs	Borehamwood	Co St Albans	2
5:46.15	312	F	13/03/16	Watford Regional Qualifier	Watford	Co St Albans	3
5:54.38	290	F	06/02/16	Hertfordshire County Championships	Borehamwood	Co St Albans	2
6:03.66	269	F	28/11/15	City of St Albans Invitational Meet	St Albans	Co St Albans	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:27.22	369	H	26/01/20	Swim England Hertfordshire County Championships	Borehamwood	Co St Albans	2
5:13.60	419	F	17/11/19	Watford November 2019 County Qualifier	Garston	Co St Albans	3
5:15.04	414	H	28/09/19	Team Luton September Open Meet	Luton	Co St Albans	3

5:33.55	348	H	21/07/19	Putteridge 2nd Alternative Nationals 2019	Inspire	Co St Albans	2
5:09.33	437	F	17/03/19	Watford Regional Qualifier 2019	Garston	Co St Albans	3
5:16.38	408	H	02/02/19	SE Hertfordshire County Champs & Age Group Comp	Borehamwood	Co St Albans	2
5:24.95	377	F	01/12/18	City Of St Albans Open Meet Winter 2018	St Albans	Co St Albans	3
5:18.30	401	H	03/02/18	Hertfordshire County Championships 2018	Borehamwood	Co St Albans	2
5:22.38	386	F	03/12/17	Open Winter Meet 2017	St Albans	Co St Albans	3
5:22.70	385	F	26/11/17	Watford November 2017 County Qualifier	Garston	Co St Albans	3
5:25.94	373	H	23/09/17	Team Luton Autumn Short Course Meet 2017	Luton	Co St Albans	3
5:19.49	396	F	25/06/17	City of St Albans Club Championships 2017	St Albans	Co St Albans	4
5:33.19	350	F	19/03/17	Watford Regional Qualifier	Watford	Co St Albans	3
5:35.53	342	F	04/02/17	Herts County Champs & Age Group Champs	Borehamwood	Co St Albans	2
5:32.39	352	F	27/11/16	St Albans Open Meet	St Albans	Co St Albans	3
5:31.25	356	H	25/09/16	Team Luton September Short Course Meet	Luton	Co St Albans	2
5:35.03	344	F	03/07/16	City of St Albans Club Championships	St Albans	Co St Albans	4
5:46.15	312	F	13/03/16	Watford Regional Qualifier	Watford	Co St Albans	3
5:54.38	290	F	06/02/16	Hertfordshire County Championships	Borehamwood	Co St Albans	2
6:03.66	269	F	28/11/15	City of St Albans Invitational Meet	St Albans	Co St Albans	4