

# Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 100 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
1:08.68	369	F	23/06/19	The Terry Davies Alternative Nationals	Woodside	Co St Albans	3
1:11.18	331	F	18/06/17	The Terry Davies Alternative Nationals	Watford	Co St Albans	3
1:11.21	331	F	25/11/17	Watford November 2017 County Qualifier	Garston	Co St Albans	3
1:11.48	327	H	21/07/19	Putteridge 2nd Alternative Nationals 2019	Inspire	Co St Albans	2
1:12.56	313	H	15/09/18	9th Hoddesdon Novice Open Meet	Borehamwood	Co St Albans	3
1:14.27	292	F	26/06/16	The Terry Davies Alternative Nationals 2016	Watford	Co St Albans	3
1:14.36	291	F	18/12/16	Hatfield Christmas Gala	Hatfield	Co St Albans	3
1:14.46	289	H	16/09/17	9th Hoddesdon Novice Meet	Harlow	Co St Albans	3
1:16.01	272	H	29/01/17	Herts County Champs & Age Group Champs	Borehamwood	Co St Albans	2
1:16.08	271	F	19/12/20	City of St Albans	Westminster Lodge		0
1:16.92	262	F	26/11/16	St Albans Open Meet	St Albans	Co St Albans	3
1:18.28	249	H	26/01/16	Hertfordshire County Championships	Borehamwood		2
1:18.32	249	F	26/01/16	Hertfordshire County Championships	Borehamwood	Co St Albans	2
1:18.70	245	F	03/07/16	City of St Albans Club Championships	St Albans	Co St Albans	4
1:18.70	245	H	18/12/16	Hatfield Christmas Gala	Hatfield	Co St Albans	3
1:19.19	240	F	29/11/15	City of St Albans Invitational Meet	St Albans	Co St Albans	4
1:20.38	230	H	31/10/15	Cheshunt Open Meet	Harlow		3
1:22.03	216	H	17/10/15	Bishops Stortford 7th Autumn Open Meet	Borehamwood		2
1:24.86	195	F	28/06/15	The Terry Davies Alternative Nationals	Watford	Co St Albans	3
1:28.67	171	H	01/11/14	Cheshunt 10th Annual Open Meet	Harlow		3
1:29.18	168	F	25/01/15	City of St Albans Club Championships	St Albans	Co St Albans	4
1:30.28	162	F	19/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	Co St Albans	3
1:32.43	151	F	17/01/15	Watford County Qualifier Open Meet	Watford	Co St Albans	3
1:35.95	135	F	15/03/14	Hertfordshire County Championships	Borehamwood	Co St Albans	2
1:37.12	130	H	03/11/13	Cheshunt 9th Annual Autumn Open Meet	Enfield	Co St Albans	3
1:38.79	124	F	19/10/13	Hemel Hempstead 100th Birthday Open Meet	Hemel Hempstead	Co St Albans	3
1:40.75	120	F	20/06/13	Watford SC Alternative Nationals Open Meet	Watford	Co St Albans	3

1:39.73	120	F	30/06/13	Watford SC Alternative Nationals Open Meet	Watford	Co St Albans	3
1:40.09	119	F	24/11/13	Hitchin Open Meet 2013	Hitchin	Co St Albans	3
1:44.55	104	F	23/03/13	Hertfordshire County Championships	Borehamwood	Co St Albans	2
1:47.12	97	F	26/01/13	City of St Albans ASC Club Championships	St Albans	Co St Albans	4
1:50.82	87	F	20/10/12	Hemel Hempstead SC 99th Birthday Meet	Hemel Hempstead	Co St Albans	3
1:58.03	72	F	23/06/12	City of St Albans Club Championships	Hatfield	Co St Albans	4

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