

Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 400 Freestyle - 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
4:37.92	445	H	03/02/18	Hertfordshire County Championships 2018	Borehamwood	Co St Albans	2
4:44.68	414	F	25/11/17	Watford November 2017 County Qualifier	Garston	Co St Albans	3
4:45.50	410	H	24/09/17	Team Luton Autumn Short Course Meet 2017	Luton	Co St Albans	3
4:49.89	392	F	16/06/18	City of St Albans Club Championships 2018	Westminster Lodge LC	Co St Albans	4
4:50.94	388	H	24/09/16	Team Luton September Short Course Meet	Luton	Co St Albans	2
4:51.18	387	F	03/03/18	Watford Regional Qualifier	Watford	Co St Albans	3
4:53.39	378	F	04/02/17	Herts County Champs & Age Group Champs	Borehamwood	Co St Albans	2
4:57.92	361	H	29/10/16	Cheshunt Open Meet	Harlow	Co St Albans	3
5:07.82	327	F	06/02/16	Hertfordshire County Championships	Borehamwood	Co St Albans	2
5:09.76	321	F	12/03/16	Watford Regional Qualifier	Watford	Co St Albans	3
5:13.90	309	H	17/10/15	Bishops Stortford 7th Autumn Open Meet	Borehamwood		2
5:24.91	278	F	18/04/15	Ealing L3 April Open Meet 2015	Northolt	Co St Albans	3
5:28.25	270	F	22/03/15	Hertfordshire County Championships	Borehamwood	Co St Albans	2
5:43.76	235	H	16/11/14	Team Luton Autumn Short Course Meet	Luton		2
5:58.41	207	F	17/01/15	Watford County Qualifier Open Meet	Watford	Co St Albans	3
6:00.49	204	F	10/05/14	Mid Beds Swim Squad L2 Open Meet	Biggleswade	Co St Albans	2
6:05.24	196	F	16/03/14	Hertfordshire County Championships	Borehamwood	Co St Albans	2
6:36.43	153	H	03/11/13	Cheshunt 9th Annual Autumn Open Meet	Enfield	Co St Albans	3

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