

Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 50 Breaststroke - 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
38.27	277	F	24/06/17	City of St Albans Club Championships 2017	St Albans	Co St Albans	4
38.37	274	F	10/03/18	CoStA Spring Open Meet 2018	St Albans	Co St Albans	3
39.41	253	F	30/09/17	City of St Albans Club Sprint Night	St Albans	Co St Albans	4
39.48	252	F	17/06/18	City of St Albans Club Championships 2018	Westminster Lodge LC	Co St Albans	4
40.16	239	F	29/09/18	CoStA Club Sprint Night 2018	St Albans	Co St Albans	4
40.75	229	F	03/07/16	City of St Albans Club Championships	St Albans	Co St Albans	4
42.00	209	F	19/12/20	City of St Albans	Westminster Lodge		0
42.71	199	F	01/10/16	City of St Albans 2016 Sprint Night	St Albans	Co St Albans	4
43.47	189	H	25/01/16	Hertfordshire County Championships	Borehamwood	Co St Albans	2
43.97	182	F	22/11/15	Watford November County Qualifier Open Meet	Watford	Co St Albans	3
44.37	177	F	19/09/15	City of St Albans ASC September Sprint Meet	St Albans	Co St Albans	4
45.18	168	F	18/04/15	Ealing L3 April Open Meet 2015	Northolt	Co St Albans	3
45.54	164	F	28/11/15	City of St Albans Invitational Meet	St Albans	Co St Albans	4
46.30	156	F	15/03/15	Hertfordshire County Championships	Borehamwood	Co St Albans	2
46.51	154	H	31/10/15	Cheshunt Open Meet	Harlow		3
47.99	140	F	24/01/15	City of St Albans Club Championships	St Albans	Co St Albans	4
48.13	139	H	16/11/14	Team Luton Autumn Short Course Meet	Luton		2
48.35	137	H	01/11/14	Cheshunt 10th Annual Open Meet	Harlow		3
49.97	124	F	09/03/14	Hertfordshire ASA County Championships	Borehamwood	Co St Albans	2
50.99	117	F	23/11/13	Hatfield Winter Gala 2013	Hatfield	Co St Albans	3
51.49	113	F	19/10/13	Hemel Hempstead 100th Birthday Open Meet	Hemel Hempstead	Co St Albans	3
52.12	109	F	02/02/14	Hertsmeire Flyers Last Chance "No Frills" Gala	Barnet	Co St Albans	3
52.34	108	F	26/04/14	St Albans District Primary Trials Gala 2014	St Albans	Co St Albans	4
52.71	106	F	06/07/14	City of St Albans Open Meet	St Albans	Co St Albans	3
54.60	95	F	17/03/13	Hertfordshire County Championships	Borehamwood	Co St Albans	2
57.64	81	F	19/01/13	City of St Albans ASC Club Championships	St Albans	Co St Albans	4
58.07	78	F	09/02/13	St Albans District Primary Trials Gala 2013	St Albans	Co St Albans	4

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