

Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 100 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
1:25.59	269	H	24/09/17	Team Luton Autumn Short Course Meet 2017	Luton	Co St Albans	3
1:26.10	264	H	24/09/16	Team Luton September Short Course Meet	Luton	Co St Albans	2
1:29.37	236	F	27/10/20	City of St Albans Swimming Club	st Albans		0
1:29.62	234	F	25/06/16	The Terry Davies Alternative Nationals 2016	Watford	Co St Albans	3
1:33.69	205	H	24/01/16	Hertfordshire County Championships	Borehamwood	Co St Albans	2
1:34.81	198	F	28/11/15	City of St Albans Invitational Meet	St Albans	Co St Albans	4
1:35.72	192	F	25/06/17	City of St Albans Club Championships 2017	St Albans	Co St Albans	4
1:36.39	188	F	27/11/16	St Albans Open Meet	St Albans	Co St Albans	3
1:37.21	183	F	16/05/15	Hemel Hempstead 4th Spring Development Meet	Hemel Hempstead	Co St Albans	3
1:37.72	181	H	31/10/15	Cheshunt Open Meet	Harlow		3
1:44.45	148	F	24/01/15	City of St Albans Club Championships	St Albans	Co St Albans	4
1:47.81	134	H	01/11/14	Cheshunt 10th Annual Open Meet	Harlow		3
1:47.86	134	H	16/11/14	Team Luton Autumn Short Course Meet	Luton		2
1:51.54	121	F	10/05/14	Mid Beds Swim Squad L3 Open Meet	Biggleswade	Co St Albans	3
1:55.21	110	F	18/01/14	City of St Albans Club Championships Round 1	St Albans	Co St Albans	4
1:57.76	103	F	12/05/13	City of St Albans SC Club Championships	St Albans	Co St Albans	4
2:10.09	76	F	26/05/12	City of St Albans Club Championships	Hatfield	Co St Albans	4

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