

Individual Best Times (All Time)

Ciaran Cook - (903990) - City of St Albans SC - 200 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
3:08.40	259	F	25/06/17	City of St Albans Club Championships 2017	St Albans	Co St Albans	4
3:09.75	253	F	03/07/16	City of St Albans Club Championships	St Albans	Co St Albans	4
3:23.28	206	F	29/11/15	City of St Albans Invitational Meet	St Albans	Co St Albans	4
3:28.96	190	F	22/11/15	Watford November County Qualifier Open Meet	Watford	Co St Albans	3
3:29.81	187	F	25/01/16	Hertfordshire County Championships	Borehamwood	Co St Albans	2
3:41.41	159	F	19/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	Co St Albans	3
3:46.54	149	F	21/03/15	Hertfordshire County Championships	Borehamwood	Co St Albans	2
3:48.10	146	F	25/01/15	City of St Albans Club Championships	St Albans	Co St Albans	4
3:54.16	135	F	19/01/14	City of St Albans Club Championships Round 1	St Albans	Co St Albans	4
3:58.50	127	F	15/03/14	Hertfordshire County Championships	Borehamwood	Co St Albans	2
4:00.06	125	F	02/02/14	Hertsmerer Flyers Last Chance "No Frills" Gala	Barnet	Co St Albans	3
4:00.39	124	F	19/10/13	Hemel Hempstead 100th Birthday Open Meet	Hemel Hempstead	Co St Albans	3
4:02.25	122	F	24/11/13	Hitchin Open Meet 2013	Hitchin	Co St Albans	3
4:04.24	119	F	21/09/13	Hoddesdon SC Open Meet	Enfield	Co St Albans	3
4:12.41	107	F	23/03/13	Hertfordshire County Championships	Borehamwood	Co St Albans	2
4:13.07	107	F	26/01/13	City of St Albans ASC Club Championships	St Albans	Co St Albans	4
4:20.54	98	F	16/12/12	Borough of Harrow SC Christmas Cracker	London	Co St Albans	3

Swims in Date Order

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