Individual Best Times (All Time)

Owain Cook - (918792) - Bridgend County Swim Squad - 50 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 |
|-------|--------|-------|----------|---|----------|-----------------|-------|
| 26.44 | 443 | F | 19/10/19 | Greater Gwent Fastwater Open Meet | Newport | Bridgend Cty | 2 |
| 26.51 | 439 | F | 20/10/18 | Greater Gwent Fastwater Open Meet | Newport | Bridgend Cty | 2 |
| 26.53 | 438 | F | 06/10/18 | Bridgend County Swim Squad Club Championships | Aberavon | Bridgend Cty | 3 |
| 26.77 | 427 | F | 03/11/18 | City of Cardiff Capital Open Meet | Cardiff | Bridgend Cty | 2 |
| 26.89 | 421 | F | 25/11/17 | Swim Wales South East Sub Regional | Newport | Bridgend Cty | 3 |
| 26.92 | 419 | Н | 04/02/18 | SW South East Regional Championships | Newport | Bridgend Cty | 2 |
| 27.01 | 415 | F | 14/04/19 | BCCS 1st Spring Meet | Newport | Bridgend Cty | 3 |
| 27.05 | 413 | Н | 03/02/19 | Swim Wales South East Regional Championships | Newport | Bridgend Cty | 2 |
| 35.23 | 187 | F | 15/12/13 | City of Newport Christmas Cracker | Newport | Bridgend Cty | 4 |
| 38.87 | 139 | F | 09/12/12 | City of Newport Xmas Cracker 2012 | Newport | Bridgend Cty | 4 |

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