

Individual Best Times (All Time)

Owain Cook - (918792) - Bridgend County Swim Squad - 200 Individual Medley - 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
2:21.28	467	F	19/10/19	Greater Gwent Fastwater Open Meet	Newport	Bridgend Cty	2
2:22.66	453	F	13/04/19	BCCS 1st Spring Meet	Newport	Bridgend Cty	3
2:23.01	450	F	20/10/18	Greater Gwent Fastwater Open Meet	Newport	Bridgend Cty	2
2:24.00	441	F	12/02/19	Swim Wales South East Regional Championships	Newport	Bridgend Cty	2
2:24.53	436	F	06/10/18	Bridgend County Swim Squad Club Championships	Aberavon	Bridgend Cty	3
2:26.04	423	F	16/12/18	Carmarthen Christmas Open 2018	Carmarthen	Bridgend Cty	2
2:48.73	274	F	03/02/15	SWER Regional Championships	Newport	Bridgend Cty	2
2:58.68	230	F	22/06/14	Torfaen Dolphins Spring Meet 2014	Newport	Bridgend Cty	2
3:11.72	186	F	06/10/13	Llantrisant Sharks Open Meet	Rhondda	Bridgend Cty	3
3:13.05	183	F	01/12/13	South East Wales Sub Regional Gala	Newport	Bridgend Cty	4

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