

Individual Best Times (All Time)

Owain Cook - (918792) - Bridgend County Swim Squad - 100 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
57.00	486	F	07/10/18	Bridgend County Swim Squad Club Championships	Aberavon	Bridgend Cty	3
57.66	470	H	13/02/19	Swim Wales South East Regional Championships	Newport		2
57.84	465	F	21/10/18	Greater Gwent Fastwater Open Meet	Newport	Bridgend Cty	2
57.99	462	H	06/02/18	SW South East Regional Championships	Newport	Bridgend Cty	2
58.63	447	F	03/11/18	City of Cardiff Capital Open Meet	Cardiff	Bridgend Cty	2
58.76	444	F	13/02/19	Swim Wales South East Regional Championships	Newport	Bridgend Cty	2
59.35	431	F	13/04/19	BCCS 1st Spring Meet	Newport	Bridgend Cty	3
59.77	422	F	25/11/17	Swim Wales South East Sub Regional	Newport	Bridgend Cty	3
1:10.12	261	H	04/02/15	SWER Regional Championships	Newport	Bridgend Cty	2
1:12.13	240	F	29/11/14	South East Wales Sub Regional Competition	Newport		2
1:13.18	230	F	21/06/14	Torfaen Dolphins Spring Meet 2014	Newport	Bridgend Cty	2
1:15.97	205	F	01/12/13	South East Wales Sub Regional Gala	Newport	Bridgend Cty	4
1:19.11	182	F	05/10/13	Llantrisant Sharks Open Meet	Rhondda	Bridgend Cty	3
1:28.28	131	F	25/11/12	South East Wales Sub Regional Meet	Newport	Bridgend Cty	4

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