

Individual Best Times (All Time)

Owain Cook - (918792) - Bridgend County Swim Squad - 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
1:13.85	419	F	15/12/19	Carmarthen Christmas Open 2019	Carmarthen	Bridgend Cty	2
1:14.37	410	H	03/02/19	Swim Wales South East Regional Championships	Newport	Bridgend Cty	2
1:14.45	409	F	13/04/19	BCCS 1st Spring Meet	Newport	Bridgend Cty	3
1:14.49	408	F	03/11/18	City of Cardiff Capital Open Meet	Cardiff	Bridgend Cty	2
1:14.92	401	F	20/10/19	Greater Gwent Fastwater Open Meet	Newport	Bridgend Cty	2
1:15.24	396	F	03/02/19	Swim Wales South East Regional Championships	Newport	Bridgend Cty	2
1:15.51	392	F	06/05/18	Amman Valley Open Meet 2018	Carmarthen	Bridgend Cty	3
1:16.34	379	F	07/10/18	Bridgend County Swim Squad Club Championships	Aberavon	Bridgend Cty	3
1:16.36	379	F	21/10/18	Greater Gwent Fastwater Open Meet	Newport	Bridgend Cty	2
1:16.64	375	F	16/12/18	Carmarthen Christmas Open 2018	Carmarthen	Bridgend Cty	2
1:28.80	241	H	02/02/15	SWER Regional Championships	Newport	Bridgend Cty	2
1:29.60	234	F	29/11/14	South East Wales Sub Regional Competition	Newport		2
1:30.61	227	F	19/12/14	British Gas Swim Wales Open Winter Championships	Swansea		1
1:30.80	225	F	19/10/14	Greater Gwent Fast Water Open Meet	Newport		2
1:32.94	210	F	22/06/14	Torfaen Dolphins Spring Meet 2014	Newport	Bridgend Cty	2
1:36.41	188	F	01/12/13	South East Wales Sub Regional Gala	Newport	Bridgend Cty	4
1:43.51	152	F	06/10/13	Llantrisant Sharks Open Meet	Rhondda	Bridgend Cty	3

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