Individual Best Times (All Time)

Nathan Frost - (1237324) - Box Hill SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	54.31	54.70	51	21/11/15	Box Hill Club Championships	Guildford	SE150157	4
50 Breaststroke	1:06.58	1:07.10	52	21/11/15	Box Hill Club Championships	Guildford	SE150157	4
100 Breaststroke	2:31.75	2:32.60	48	24/01/15	Box Hill Club Championships	Guildford	SE150147	4
50 Backstroke	1:02.38	1:02.70	44	15/11/14	Box Hill Swim Team Club Championships 2014	Guildford	SE4521	4