

Individual Best Times (All Time)

Eleanor Frost - (734730) - Newmarket & Dist SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|----------------|---------|-----------------|-----------|----------|---|----------|---------|-------|
| 50 Freestyle | 34.31 | 33.70 | 325 | 03/02/13 | Bishops Stortford SC 1st Long Course Open | Basildon | ER3078 | 3 |
| 50 Backstroke | 41.48 | 41.00 | 271 | 03/02/13 | Bishops Stortford SC 1st Long Course Open | Basildon | ER3078 | 3 |
| 100 Backstroke | 1:28.40 | 1:27.50 | 272 | 03/02/13 | Bishops Stortford SC 1st Long Course Open | Basildon | ER3078 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|-----------|----------|-------|
| 50 Freestyle | 31.86 | 32.50 | 372 | 07/12/14 | Newmarket 4th Sprint Open Meet | Newmarket | ER4728 | 3 |
| 100 Freestyle | 1:09.43 | 1:10.60 | 379 | 05/04/14 | Newmarket & District Sixth Open Meet | Newmarket | ER4009 | 3 |
| 200 Freestyle | 2:30.78 | 2:33.10 | 391 | 06/04/14 | Newmarket & District Sixth Open Meet | Newmarket | ER4009 | 3 |
| 400 Freestyle | 5:18.74 | 5:23.10 | 382 | 28/09/14 | Newmarket & District Endurance Championships | Newmarket | ER14336 | 4 |
| 800 Freestyle | 11:14.05 | 11:22.60 | 355 | 08/10/14 | Newmarket & District Endurance Championships | Newmarket | ER14338 | 4 |
| 50 Breaststroke | 44.00 | 44.70 | 268 | 11/01/14 | Sudbury & District January Time Trials | Sudbury | ER4127 | 3 |
| 100 Breaststroke | 1:37.42 | 1:38.70 | 262 | 09/07/14 | Newmarket & District SC Club Championships | Newmarket | ER4676 | 4 |
| 200 Breaststroke | 3:23.78 | 3:26.40 | 287 | 29/06/14 | Newmarket & District SC Club Championships | Newmarket | ER4673 | 4 |
| 50 Butterfly | 37.18 | 37.70 | 281 | 09/06/15 | Newmarket & District 2015 Sprint Club Champs | Newmarket | ER150884 | 4 |
| 100 Butterfly | 1:26.88 | 1:27.80 | 240 | 06/04/14 | Newmarket & District Sixth Open Meet | Newmarket | ER4009 | 3 |
| 200 Butterfly | 3:07.76 | 3:09.40 | 258 | 02/07/14 | Newmarket & District SC Club Championships | Newmarket | ER4674 | 4 |
| 50 Backstroke | 38.08 | 38.60 | 291 | 06/04/14 | Newmarket & District Sixth Open Meet | Newmarket | ER4009 | 3 |
| 100 Backstroke | 1:20.91 | 1:21.90 | 312 | 01/12/13 | Newmarket & District 3rd Sprint Open Meet | Newmarket | ER3270 | 3 |
| 200 Backstroke | 2:50.47 | 2:52.40 | 339 | 05/04/14 | Newmarket & District Sixth Open Meet | Newmarket | ER4009 | 3 |
| 200 Individual Medley | 2:53.82 | 2:56.10 | 344 | 05/04/14 | Newmarket & District Sixth Open Meet | Newmarket | ER4009 | 3 |
| 400 Individual Medley | 6:17.96 | 6:22.60 | 321 | 21/09/14 | Newmarket & District Endurance Championships | Newmarket | ER14335 | 4 |
| 100 Individual Medley | 1:22.47 | 1:22.50 | 321 | 09/06/15 | Newmarket & District 2015 Sprint Club Champs | Newmarket | ER150884 | 4 |