

Individual Best Times (All Time)

Dominic Frost - (553680) - University of Nottingham SC - 50 Freestyle - Long 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
25.18	572	F	03/02/19	Nottinghamshire ASA County Championships 2019	Harvey Hadden	Uni of Nott	1
25.48	552	H	16/02/19	BUCS Long Course Swimming Championships 2019	Sheffield		1
25.51	550	H	03/02/19	Nottinghamshire ASA County Championships 2019	Harvey Hadden	Uni of Nott	1
26.02	518	H	25/11/17	Romford Town Early County Qualifier	London Aquatics	Newport Pag	3
26.35	499	F	19/02/17	WDSC Long Course "No Frills" Invitation Meet	Wycombe	Co Milton K	1
26.55	488	H	02/07/16	Bishops Stortord End of Season LC Open Meet	Luton	Co Milton K	3
26.91	469	H	30/04/16	ASA South East Region Swimming Championships	Portsmouth	Newport Pag	1
27.57	436	H	11/04/15	Team Luton April Long Course Meet	Luton		1
28.02	415	H	30/05/15	ASASER Swimming Championships	Crawley		1
28.29	403	F	19/04/15	Crawley Spring LC Open Meet 2015	Crawley	Newport Pag	1
28.34	401	H	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield		1
28.40	399	H	20/07/14	Wycombe District SC End of Season Meet	Wycombe	Newport Pag	3
28.58	391	F	20/07/14	Wycombe District SC End of Season Meet	Wycombe	Newport Pag	3

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