

Individual Best Times (All Time)

Dominic Frost - (553680) - University of Nottingham SC - 100 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
56.13	581	H	17/02/19	BUCS Long Course Swimming Championships 2019	Sheffield		1
56.56	568	F	20/01/19	Nottinghamshire ASA County Championships 2019	Harvey Hadden	Uni of Nott	1
56.57	568	H	20/01/19	Nottinghamshire ASA County Championships 2019	Harvey Hadden	Uni of Nott	1
57.24	548	F	18/02/17	WDSC Long Course "No Frills" Invitation Meet	Wycombe	Co Milton K	1
57.26	548	F	11/03/17	Wycombe Long Course Premier Open Meet	Wycombe	Co Milton K	1
58.70	508	H	02/07/16	Bishops Stortord End of Season LC Open Meet	Luton	Co Milton K	3
58.77	506	H	27/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	Newport Pag	1
1:00.04	475	H	12/04/15	Team Luton April Long Course Meet	Luton		1
1:00.30	469	H	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield		1
1:00.91	455	F	18/04/15	Crawley Spring LC Open Meet 2015	Crawley	Newport Pag	1
1:03.88	394	F	19/07/14	Wycombe District SC End of Season Meet	Wycombe	Newport Pag	3
1:04.61	381	H	19/07/14	Wycombe District SC End of Season Meet	Wycombe	Newport Pag	3

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1:04.61

381

H

19/07/14

Wycombe District SC End of Season Meet

Wycombe

Newport Pag

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