

Individual Best Times (All Time)

Brooke Frost - (768555) - Basildon and Phoenix 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 |
|-------|--------|-------|----------|------------------------------------|----------------|-----------------|-------|
| 29.47 | 514 | H | 06/02/16 | Essex Age Group Championships 2016 | London | Basildon Ph | 1 |
| 29.47 | 514 | H | 06/02/16 | Essex Age Group Championships 2016 | Basildon | Basildon Ph | 1 |
| 29.47 | 514 | F | 06/02/16 | Essex Age Group Championships 2016 | London | Basildon Ph | 1 |
| 29.47 | 514 | F | 06/02/16 | Essex Age Group Championships 2016 | Basildon | Basildon Ph | 1 |
| 32.80 | 372 | H | 09/04/11 | Bexley Long Course Open Meet | Crystal Palace | Basildon Ph | 1 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|-------|--------|-------|----------|------------------------------------|----------------|-----------------|-------|
| 29.47 | 514 | F | 06/02/16 | Essex Age Group Championships 2016 | London | Basildon Ph | 1 |
| 29.47 | 514 | F | 06/02/16 | Essex Age Group Championships 2016 | Basildon | Basildon Ph | 1 |
| 29.47 | 514 | H | 06/02/16 | Essex Age Group Championships 2016 | London | Basildon Ph | 1 |
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