

Individual Best Times (All Time)

Brooke Frost - (768555) - Basildon and Phoenix SC - 100 Butterfly - 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
1:05.09	619	F	02/08/16	ASA Summer Nationals 2016	Sheffield	Basildon Ph	1
1:05.65	603	F	24/01/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
1:05.65	603	F	24/01/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
1:05.87	597	F	05/08/15	ASA Summer Nationals 2015	Sheffield		1
1:06.25	587	F	01/05/16	ASA East Region Long Course Championships	Norwich	Basildon Ph	1
1:06.25	587	H	02/08/16	ASA Summer Nationals 2016	Sheffield	Basildon Ph	1
1:06.43	582	H	24/01/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
1:06.43	582	H	24/01/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
1:06.51	580	H	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
1:07.02	567	H	01/05/16	ASA East Region Long Course Championships	Norwich	Basildon Ph	1
1:07.05	566	H	05/08/15	ASA Summer Nationals 2015	Sheffield		1
1:07.49	555	H	27/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	Basildon Ph	1
1:07.89	545	F	03/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
1:08.00	543	H	09/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	Basildon Ph	1
1:08.53	530	H	08/06/14	BGASA East Region Championships 2014	Norwich	Basildon Ph	1
1:08.60	528	F	08/06/14	BGASA East Region Championships 2014	Norwich	Basildon Ph	1
1:08.81	524	H	03/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
1:08.92	521	H	06/07/14	ASA East Region Inter County Championships	Basildon	Essex	1
1:08.98	520	H	19/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	Basildon Ph	1
1:09.20	515	H	31/07/14	BG ASA National Age Groups Champs 2014	Sheffield		1
1:11.31	470	H	07/07/13	ASA East Region Intercounty Championships	Luton	Basildon Ph	1
1:15.61	395	F	03/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Basildon Ph	1
1:16.71	378	H	03/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Basildon Ph	1
1:16.93	375	H	08/04/12	UEA City of Norwich Easter Meet	Norwich	Basildon Ph	1
1:21.49	315	H	17/12/11	Northampton Winter Festival Open Meet	Corby	Basildon Ph	1

Swims in Date Order

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