

Individual Best Times (All Time)

Brooke Frost - (768555) - Basildon and Phoenix SC - 200 Backstroke - 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
2:20.70	670	F	30/07/14	BG ASA National Age Groups Champs 2014	Sheffield		1
2:21.15	663	H	21/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
2:22.13	650	F	30/04/16	ASA East Region Long Course Championships	Norwich	Basildon Ph	1
2:22.48	645	H	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
2:22.77	641	H	10/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	Basildon Ph	1
2:23.08	637	F	24/07/13	BG ASA National Age Groups 2013	Sheffield	Basildon Ph	1
2:23.19	636	F	02/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
2:23.29	634	F	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	Basildon Ph	1
2:23.29	634	H	29/07/16	British Summer Championships	Sheffield	Basildon Ph	1
2:23.53	631	H	02/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
2:23.72	628	H	30/04/16	ASA East Region Long Course Championships	Norwich	Basildon Ph	1
2:23.87	627	H	30/07/14	BG ASA National Age Groups Champs 2014	Sheffield		1
2:23.91	626	H	31/07/15	British Summer Championships	Sheffield		1
2:24.43	619	H	23/11/13	Essex Winter Long Course Competition	Basildon	Basildon Ph	1
2:24.61	617	H	18/04/15	British Championships 2015	London		1
2:24.86	614	H	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	Basildon Ph	1
2:25.04	611	H	26/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	Basildon Ph	1
2:25.26	609	H	24/07/13	BG ASA National Age Groups 2013	Sheffield	Basildon Ph	1
2:27.54	581	H	04/04/15	Basildon & Phoenix LC Easter Meet	Basildon		1
2:30.31	549	H	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	Basildon Ph	1
2:30.48	547	F	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	Basildon Ph	1
2:31.26	539	H	16/12/12	Basildon & Phoenix LC Winter Meet	Basildon	Basildon Ph	1
2:31.79	533	H	19/01/13	Killerwhales SC Winter Open Meet	Basildon	Basildon Ph	1
2:32.39	527	H	25/11/12	Essex Winter Long Course Championships	Basildon	Basildon Ph	1
2:34.69	504	F	10/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Basildon Ph	1
2:36.52	486	H	10/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Basildon Ph	1
2:37.13	481	F	06/04/13	SEA City of Norwich Easter Meet	Norwich	Basildon Ph	1

2:37.13	401	F	06/04/12	UEA City of Norwich Easter Meet	Norwich	Basildon Ph	1
2:42.05	438	F	12/06/11	BG East Region Bagcat Championships	Norwich	Basildon Ph	1
2:42.65	433	H	12/06/11	BG East Region Bagcat Championships	Norwich	Basildon Ph	1
2:43.47	427	H	17/12/11	Northampton Winter Festival Open Meet	Corby	Basildon Ph	1
2:44.64	418	H	26/11/11	Essex ASA Winter LC Championships	Basildon	Basildon Ph	1
2:45.02	415	H	10/04/11	Bexley Long Course Open Meet	Crystal Palace	Basildon Ph	1
3:01.51	312	H	11/04/10	Bexley Long Course Meet	London	Basildon Ph	1

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