

# Individual Best Times (All Time)

Brooke Frost - (768555) - Basildon and Phoenix SC - 200 Individual Medley - 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
2:28.70	610	H	09/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	Basildon Ph	1
2:30.41	589	H	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
2:30.67	586	F	07/06/14	BGASA East Region Championships 2014	Norwich	Basildon Ph	1
2:31.33	578	H	21/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
2:31.54	576	H	07/06/14	BGASA East Region Championships 2014	Norwich	Basildon Ph	1
2:32.08	570	H	20/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	Basildon Ph	1
2:32.54	565	H	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	Basildon Ph	1
2:32.86	561	H	23/11/13	Essex Winter Long Course Competition	Basildon	Basildon Ph	1
2:34.84	540	H	19/01/13	Killerwhales SC Winter Open Meet	Basildon	Basildon Ph	1
2:34.85	540	H	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	Basildon Ph	1
2:35.24	536	F	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	Basildon Ph	1
2:36.55	522	H	24/07/13	BG ASA National Age Groups 2013	Sheffield	Basildon Ph	1
2:36.92	519	H	15/12/12	Basildon & Phoenix LC Winter Meet	Basildon	Basildon Ph	1
2:39.64	493	H	02/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Basildon Ph	1
2:39.68	492	F	02/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Basildon Ph	1
2:49.79	409	H	18/12/11	Northampton Winter Festival Open Meet	Corby	Basildon Ph	1
2:51.15	400	H	26/11/11	Essex ASA Winter LC Championships	Basildon	Basildon Ph	1
2:53.19	386	F	04/06/11	BG East Region Bagcat Championships	Norwich	Basildon Ph	1
2:54.84	375	H	04/06/11	BG East Region Bagcat Championships	Norwich	Basildon Ph	1
2:57.97	355	H	10/04/11	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
2:28.70	610	H	09/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	Basildon Ph	1
2:31.33	578	H	21/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
2:30.41	589	H	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1

2:30.67	586	F	07/06/14	BGASA East Region Championships 2014	Norwich	Basildon Ph	1
2:31.54	576	H	07/06/14	BGASA East Region Championships 2014	Norwich	Basildon Ph	1
2:32.54	565	H	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	Basildon Ph	1
2:32.08	570	H	20/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	Basildon Ph	1
2:32.86	561	H	23/11/13	Essex Winter Long Course Competition	Basildon	Basildon Ph	1
2:36.55	522	H	24/07/13	BG ASA National Age Groups 2013	Sheffield	Basildon Ph	1
2:35.24	536	F	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	Basildon Ph	1
2:34.85	540	H	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	Basildon Ph	1
2:34.84	540	H	19/01/13	Killerwhales SC Winter Open Meet	Basildon	Basildon Ph	1
2:36.92	519	H	15/12/12	Basildon & Phoenix LC Winter Meet	Basildon	Basildon Ph	1
2:39.68	492	F	02/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Basildon Ph	1
2:39.64	493	H	02/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Basildon Ph	1
2:49.79	409	H	18/12/11	Northampton Winter Festival Open Meet	Corby	Basildon Ph	1
2:51.15	400	H	26/11/11	Essex ASA Winter LC Championships	Basildon	Basildon Ph	1
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2:57.97	355	H	10/04/11	Bexley Long Course Open Meet	Crystal Palace	Basildon Ph	1