

# Individual Best Times (All Time)

Brooke Frost - (768555) - Basildon and Phoenix SC - 200 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
2:13.18	608	F	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	Basildon Ph	1
2:14.15	595	H	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	Basildon Ph	1
2:14.95	584	H	24/01/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
2:14.95	584	H	24/01/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
2:15.46	578	H	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	Basildon Ph	1
2:16.07	570	H	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	Basildon Ph	1
2:16.18	569	H	26/07/13	BG ASA National Age Groups 2013	Sheffield	Basildon Ph	1
2:16.49	565	H	25/11/12	Essex Winter Long Course Championships	Basildon	Basildon Ph	1
2:17.34	554	H	21/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	Basildon Ph	1
2:18.02	546	H	23/11/13	Essex Winter Long Course Competition	Basildon	Basildon Ph	1
2:18.42	541	H	19/01/13	Killerwhales SC Winter Open Meet	Basildon	Basildon Ph	1
2:21.18	510	F	03/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Basildon Ph	1
2:21.73	504	F	07/04/12	UEA City of Norwich Easter Meet	Norwich	Basildon Ph	1
2:21.89	503	H	03/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Basildon Ph	1
2:29.13	433	F	05/06/11	BG East Region Bagcat Championships	Norwich	Basildon Ph	1
2:29.51	430	H	17/12/11	Northampton Winter Festival Open Meet	Corby	Basildon Ph	1
2:30.05	425	H	05/06/11	BG East Region Bagcat Championships	Norwich	Basildon Ph	1
2:31.03	417	H	26/11/11	Essex ASA Winter LC Championships	Basildon	Basildon Ph	1
2:37.73	366	H	09/04/11	Bexley Long Course Open Meet	Crystal Palace	Basildon Ph	1
2:51.50	284	H	10/04/10	Bexley Long Course Meet	London	Basildon Ph	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:14.95	584	H	24/01/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
2:14.95	584	H	24/01/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
2:13.18	608	F	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	Basildon Ph	1

2:15.46	578	H	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	Basildon Ph	1
2:14.15	595	H	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	Basildon Ph	1
2:17.34	554	H	21/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	Basildon Ph	1
2:18.02	546	H	23/11/13	Essex Winter Long Course Competition	Basildon	Basildon Ph	1
2:16.18	569	H	26/07/13	BG ASA National Age Groups 2013	Sheffield	Basildon Ph	1
2:16.07	570	H	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	Basildon Ph	1
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