

Individual Best Times (All Time)

Brooke Frost - (768555) - Basildon and Phoenix SC - 400 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
4:43.12	574	H	08/06/14	BGASA East Region Championships 2014	Norwich	Basildon Ph	1
4:47.97	546	H	19/01/13	Killerwhales SC Winter Open Meet	Basildon	Basildon Ph	1
4:52.63	520	H	24/11/12	Essex Winter Long Course Championships	Basildon	Basildon Ph	1
4:54.18	512	H	03/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Basildon Ph	1
5:17.20	408	H	27/11/11	Essex ASA Winter LC Championships	Basildon	Basildon Ph	1
5:23.78	384	H	05/06/11	BG East Region Bagcat Championships	Norwich	Basildon Ph	1

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