

Individual Best Times (All Time)

Brooke Frost - (768555) - Basildon and Phoenix SC - 100 Breaststroke - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:39.70	266	H	12/06/11	BG East Region Bagcat Championships	Norwich	Basildon Ph	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:39.70	266	H	12/06/11	BG East Region Bagcat Championships	Norwich	Basildon Ph	1