

Individual Best Times (All Time)

Brooke Frost - (768555) - Basildon and Phoenix SC - 200 Breaststroke - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:42.95	234	H	09/04/11	Bexley Long Course Open Meet	Crystal Palace	Basildon Ph	1

Swims in Date Order

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