

Individual Best Times (All Time)

Dominic Keast - (850371) - Bracknell & Wokingham SC - 50 Backstroke - 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
30.61	455	F	26/03/17	Guildford City Springboard Level 1 Open Meet	Surrey	Bracknell	1
30.87	443	H	05/11/17	Swim England SE - 2017 Open & Junior Champs	Portsmouth	Bracknell	1
31.27	427	H	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield		1
31.67	411	F	12/03/17	Wycombe Long Course Premier Open Meet	Wycombe	Bracknell	1
32.63	375	H	19/02/22	Speedo & BUCS Long Course Swimming Championships	Sheffield		1
34.20	326	F	15/11/14	Aquae Sulis Grand Prix	Bristol	Bracknell	1
37.87	240	F	21/12/13	Hillingdon Winter Open Meet	Hillingdon	Bracknell	1
38.50	228	F	17/11/13	Aquae Sulis Grand Prix	Bristol	Bracknell	1
39.09	218	H	05/01/13	Bracknell & Wokingham Presidents Cup	Aldershot	Bracknell	4
39.40	213	H	13/04/13	The Bracknell Spring Level 3 Open Meet	Aldershot	Bracknell	3
43.67	156	H	31/03/12	Bracknell & Wokingham Level 3 Meet	Aldershot	Bracknell	3
44.47	148	F	16/10/11	Wycombe District SC Annual B C Meet	High Wycombe	Bracknell	3
44.56	147	H	07/01/12	Bracknell & Wokingham President's Cup	Aldershot	Bracknell	4
48.70	113	H	09/04/11	Bracknell & Wokingham Open Meet	Aldershot	Bracknell	3

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