

Individual Best Times (All Time)

Dominic Keast - (850371) - Bracknell & Wokingham SC - 200 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 |
|---------|--------|-------|----------|--|------------|-----------------|-------|
| 2:33.79 | 385 | F | 08/02/15 | Aquae Sulis Spring Grand Prix | Bristol | Bracknell | 1 |
| 2:34.59 | 379 | F | 28/02/16 | Aquae Sulis Spring Grand Prix | Bristol | Bracknell | 1 |
| 2:35.03 | 376 | H | 01/05/16 | ASA South East Region Swimming Championships | Portsmouth | Bracknell | 1 |
| 2:39.00 | 348 | H | 18/10/14 | Bracknell & Wokingham SC 2014 Club Championships | Aldershot | | 4 |
| 2:49.02 | 290 | F | 17/11/13 | Aquae Sulis Grand Prix | Bristol | Bracknell | 1 |
| 2:50.90 | 280 | F | 09/02/14 | Aquae Sulis Spring Grand Prix 2014 | Bristol | Bracknell | 1 |
| 2:56.94 | 253 | H | 13/04/13 | The Bracknell Spring Level 3 Open Meet | Aldershot | Bracknell | 3 |
| 3:09.53 | 205 | H | 20/05/12 | Bracknell & Wokingham SC Open Meet | Aldershot | Bracknell | 1 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|--|------------|-----------------|-------|
| 2:35.03 | 376 | H | 01/05/16 | ASA South East Region Swimming Championships | Portsmouth | Bracknell | 1 |
| 2:34.59 | 379 | F | 28/02/16 | Aquae Sulis Spring Grand Prix | Bristol | Bracknell | 1 |
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