

Individual Best Times (All Time)

Dominic Frost - (553680) - University of Nottingham SC - 100 Butterfly - Short 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
1:06.19	376	F	20/11/16	CMK November Open Meet (Level 3)	Milton Keynes		3
1:08.09	345	F	22/10/17	NPSC Club Championships Progress Meet	Bletchley	Newport Pag	4
1:09.36	326	H	17/10/15	Lincoln Vulcans Level 2 Open Meet	Sheffield		2
1:09.72	321	F	22/11/15	COPS Winter Open Meet	Peterborough	Newport Pag	3
1:10.57	310	F	14/12/14	City of MK 9th Annual Christmas Cracker	Milton Keynes	Newport Pag	3
1:12.94	281	F	24/10/15	Newport Pagnell SC Club Championships	Bletchley	Newport Pag	4
1:15.21	256	F	21/06/14	City of MK SC 12th Annual End of Season L3 Meet	Milton Keynes	Newport Pag	3
1:15.60	252	F	15/12/13	CMK SC 8th Annual Christmas Cracker	Bletchley	Newport Pag	3
1:16.81	240	F	13/07/13	Bletchley Annual End of Season Meet	Aylesbury	Newport Pag	3
1:17.00	238	F	16/11/13	City of Milton Keynes Annual 502400 L2 Meet	Bletchley	Newport Pag	2
1:19.20	219	F	22/06/13	CMKSC 11th Annual End of Season	Bletchley	Newport Pag	3
1:24.76	179	F	07/07/12	Bletchley & District Annual End of Season	Bletchley	Newport Pag	3
1:25.71	173	F	02/12/12	City of Peterborough Winter Open Meet	Peterborough	Newport Pag	3
1:29.58	151	F	26/04/14	City of MK Annual Spring Open Level 2 Meet	Milton Keynes	Newport Pag	2
1:37.70	116	F	25/06/11	City of Milton Keynes End of Season Gala	Milton Keynes	Newport Pag	3
1:44.08	96		30/04/11	Rugby SC Open Meet 2011	Rugby	Newport Pag	3

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