

Individual Best Times (All Time)

Dominic Frost - (553680) - University of Nottingham SC - 50 Backstroke - 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
30.62	376	F	21/10/17	NPSC Club Championships Progress Meet	Bletchley	Newport Pag	4
30.77	371	F	26/06/16	CMKSC Annual End of Season Open Meet	Milton Keynes	Newport Pag	3
31.20	355	H	16/07/16	Team Luton Fast & Furious III Sprint Meet	Luton	Newport Pag	3
31.30	352	F	18/06/17	CMKSC Summer Open Meet Level 3	Bletchley		3
31.68	339	F	16/07/16	Team Luton Fast & Furious III Sprint Meet	Luton	Newport Pag	3
31.74	338	F	03/12/16	Maxwell Last Chance Counties December Meet	Aylesbury	Co Milton K	3
32.00	329	F	18/07/15	Team Luton 2 Fast 2 Furious Sprint Meet	Luton		3
32.03	328	F	24/10/15	Newport Pagnell SC Club Championships	Bletchley	Newport Pag	4
32.46	316	H	18/07/15	Team Luton 2 Fast 2 Furious Sprint Meet	Luton		3
32.71	308	H	15/02/15	Oxfordshire & North Bucks County Champs	Aylesbury		2
32.92	302	F	16/11/14	City of MK Annual 502400's Meet	Milton Keynes	Newport Pag	3
33.07	298	F	07/12/14	Maxwell Swim Club December L3 Meet	Aylesbury	Newport Pag	3
39.44	176	F	15/01/12	Watford County Qualifier Meet	Watford	Newport Pag	3
39.86	170	F	16/12/12	CMKSC 7th Annual Christmas Cracker	Bletchley	Newport Pag	3
41.35	152	F	02/12/12	City of Peterborough Winter Open Meet	Peterborough	Newport Pag	3
43.16	134		30/04/11	Rugby SC Open Meet 2011	Rugby	Newport Pag	3
45.08	117	H	27/06/11	St Neots Swans Open	St Neots	Newport Pag	4
45.40	115	F	08/01/11	Linslade Crusaders Last Chance Open Meet	Milton Keynes	Newport Pag	4
46.73	105		03/10/10	Barnet Cophthall Novices	Barnet	Newport Pag	4
47.58	100		03/10/10	Barnet Cophthall Novices	Barnet	Newport Pag	4
47.88	98		26/09/10	Maxwell September Meet	Aylesbury	Newport Pag	3

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