

Individual Best Times (All Time)

Dominic Frost - (553680) - University of Nottingham SC - 100 Individual Medley - 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
1:05.62	423	F	21/10/17	NPSC Club Championships Progress Meet	Bletchley	Newport Pag	4
1:07.95	381	F	19/11/16	CMK November Open Meet (Level 3)	Milton Keynes		3
1:08.57	371	F	30/06/18	NPSC Club Championships Progress Meet 2018	Bletchley	Newport Pag	4
1:09.23	360	F	07/02/15	Oxfordshire & North Bucks County Champs	Aylesbury	Newport Pag	2
1:09.37	358	F	07/12/14	Maxwell Swim Club December L3 Meet	Aylesbury	Newport Pag	3
1:10.43	342	F	21/06/15	City of Milton Keynes 13th Annual End of Season	Milton Keynes	Newport Pag	3
1:10.67	339	F	24/10/15	Newport Pagnell SC Club Championships	Bletchley	Newport Pag	4
1:12.39	315	H	05/10/14	Leicester Penguins Open Meet	Braunstone		3
1:22.49	213	F	19/05/13	Leighton Buzzard SC May Level 3 Open Meet	Bletchley	Newport Pag	3
1:24.67	197		07/10/12	Barnet Cophall Novices Meet	Barnet	Newport Pag	3
1:26.69	183		07/10/12	Barnet Cophall Novices Meet	Barnet	Newport Pag	3
1:31.21	157	F	07/07/12	Bletchley & District Annual End of Season	Bletchley	Newport Pag	3
1:37.16	130	H	27/06/11	St Neots Swans Open	St Neots	Newport Pag	4
1:37.43	129		07/05/11	Leighton Buzzard May Open Meet	Milton Keynes	Newport Pag	4

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