

Individual Best Times (All Time)

Dominic Frost - (553680) - University of Nottingham SC - 200 Freestyle - 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
2:02.91	528	F	04/02/17	Oxfordshire & North Bucks County Championships	Aylesbury	Co Milton K	2
2:05.66	494	F	11/12/16	CMKSC Christmas Cracker Open Meet	Bletchley		3
2:06.72	482	F	06/02/16	Oxon & North Bucks County Champs	Aylesbury	Newport Pag	2
2:09.59	450	F	19/11/16	CMK November Open Meet (Level 3)	Milton Keynes		3
2:11.56	430	F	15/03/15	Maxwell Swim Club March L3 Meet	Aylesbury	Newport Pag	3
2:11.67	429	F	06/12/14	Maxwell Swim Club December L3 Meet	Aylesbury	Newport Pag	3
2:12.13	425	H	17/10/15	Lincoln Vulcans Level 2 Open Meet	Sheffield		2
2:12.84	418	F	05/12/15	Maxwell December 2015 L3 Meet	Aylesbury	Newport Pag	3
2:13.88	408	H	02/10/16	Leicester Penguins 2016 Open Meet	Braunstone	Co Milton K	3
2:14.28	405	F	07/02/15	Oxfordshire & North Bucks County Champs	Aylesbury	Newport Pag	2
2:15.44	394	F	08/03/14	Oxfordshire & N Bucks County Championships	Aylesbury	Newport Pag	2
2:16.47	386	H	05/10/14	Leicester Penguins Open Meet	Braunstone		3
2:23.68	330	H	06/10/13	Leicester Penguins Open Meet 2013	Braunstone	Newport Pag	3
2:26.69	310	F	21/04/13	City of Milton Keynes SC Spring Open	Bletchley	Newport Pag	2
2:30.74	286	F	13/07/13	Bletchley Annual End of Season Meet	Aylesbury	Newport Pag	3
2:33.91	269		21/10/12	Barnet Cophthall Middle Distance Meet	Hendon	Newport Pag	3
2:58.85	171		01/05/11	Rugby SC Open Meet 2011	Rugby	Newport Pag	3
3:07.02	150	F	07/07/12	Bletchley & District Annual End of Season	Bletchley	Newport Pag	3

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