

Individual Best Times (All Time)

Dominic Frost - (553680) - University of Nottingham SC - 400 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
4:41.88	426	F	21/06/15	City of Milton Keynes 13th Annual End of Season	Milton Keynes	Newport Pag	3
4:44.17	416	F	16/11/14	City of MK Annual 502400's Meet	Milton Keynes	Newport Pag	3
4:44.26	416	F	11/10/15	Newport Pagnell Club Championships	Wolverton	Newport Pag	4
4:49.52	394	H	04/10/14	Leicester Penguins Open Meet	Braunstone		3
4:50.19	391	F	16/02/14	Oxfordshire & N Bucks County Championships	Aylesbury	Newport Pag	2
4:50.81	388	F	31/10/15	City of Milton Keynes SC Annual 502400's Meet 2015	Milton Keynes	Newport Pag	3
4:50.87	388	F	18/01/15	Oxfordshire & North Bucks County Champs	Aylesbury	Newport Pag	2
5:07.09	330	F	17/11/13	City of Milton Keynes Annual 502400 L2 Meet	Bletchley	Newport Pag	2
5:21.89	286	F	23/06/13	CMKSC 11th Annual End of Season	Bletchley	Newport Pag	3

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