

Individual Best Times (All Time)

Brooke Frost - (768555) - Basildon and Phoenix 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
1:05.18	570	F	31/01/15	Essex County Age Group Championships 2015	Southend		2
1:05.29	567	H	18/10/15	ASA National County Teams Division 2	Sheffield		2
1:05.84	553	H	27/09/15	Basildon & Phoenix Season Opener Meet	Basildon		2
1:06.10	546	F	25/10/15	Essex Senior Short Course Championships 2015	Basildon		2
1:06.21	544	H	31/01/15	Essex County Age Group Championships 2015	Southend		2
1:06.27	542	H	25/10/15	Essex Senior Short Course Championships 2015	Basildon		2
1:06.37	540	H	29/11/14	Essex Senior Junior Championships	Basildon		2
1:06.45	538	F	05/07/15	ASA East Region Inter County Meet	Borehamwood	Basildon Ph	2
1:06.53	536	H	15/02/14	Essex County Age Groups Championships	Basildon	Basildon Ph	2
1:06.69	532	F	15/02/14	Essex County Age Groups Championships	Basildon	Basildon Ph	2
1:07.13	521	F	08/11/14	NASL London Rounds Division 1 & 2	Basildon	Basildon Ph	3
1:09.03	480	H	06/12/13	Basildon & Phoenix SC Club Championships	Basildon	Basildon Ph	4
1:10.20	456	H	23/02/13	Essex County Championships	Basildon	Basildon Ph	2
1:11.28	435	F	23/02/13	Essex County Championships	Basildon	Basildon Ph	2
1:13.91	391	H	21/12/12	Basildon & Phoenix SC Club Championships	Basildon	Basildon Ph	4
1:15.59	365	F	18/02/12	Essex County Age Group Championships	Basildon	Basildon Ph	2
1:16.10	358	H	18/02/12	Essex County Age Group Championships	Basildon	Basildon Ph	2
1:22.50	281	H	08/10/11	Thurrock SC Season Opener 2011	Grays	Basildon Ph	2

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