

Individual Best Times (All Time)

Brooke Frost - (768555) - Basildon and Phoenix 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
30.05	593	H	19/12/15	ASA Winter Meet	Sheffield	Basildon Ph	2
30.27	580	H	24/10/15	Essex Senior Short Course Championships 2015	Basildon		2
30.37	574	F	29/03/14	Essex County Age Groups Championships	Basildon	Basildon Ph	2
30.40	573	F	24/10/15	Essex Senior Short Course Championships 2015	Basildon		2
30.47	569	F	15/02/15	Essex County Age Group Championships 2015	Basildon		2
30.56	564	H	15/02/15	Essex County Age Group Championships 2015	Basildon		2
30.72	555	F	29/11/14	Essex Senior Junior Championships	Basildon		2
30.74	554	H	29/11/14	Essex Senior Junior Championships	Basildon		2
30.85	548	H	26/10/14	Basildon & Phoenix Autumn Meet	Basildon		3
30.90	545	R	20/10/13	BG ASA National County Team Division 2	Sheffield	Basildon Ph	2
31.10	535	H	29/03/14	Essex County Age Groups Championships	Basildon	Basildon Ph	2
31.21	529	R	19/10/14	BG ASA National County Team Division 1	Sheffield		2
31.59	510	H	06/12/13	Basildon & Phoenix SC Club Championships	Basildon	Basildon Ph	4
31.67	506	F	23/03/13	Essex County Age Group Championships	Basildon	Basildon Ph	2
31.69	505	H	23/03/13	Essex County Age Group Championships	Basildon	Basildon Ph	2
32.71	459	H	11/01/13	Basildon & Phoenix Club Championships	Basildon	Basildon Ph	4
33.68	421	F	31/03/12	Essex County Championships	Basildon	Basildon Ph	2
33.87	414	H	31/03/12	Essex County Championships	Basildon	Basildon Ph	2
35.71	353	H	20/02/11	Essex County Championships	Southend	Basildon Ph	2
36.34	335	F	20/02/11	Essex County Championships	Southend	Basildon Ph	2
36.51	330	F	16/09/11	Basildon & Phoenix SC Club Championships	Basildon	Basildon Ph	4
38.94	272	F	04/07/10	Braintree & Bocking	Braintree	Basildon Ph	3
39.23	266		07/11/10	Romford Town 3th Open Meet	Enfield	Basildon Ph	3
39.81	255	H	04/07/10	Braintree & Bocking	Braintree	Basildon Ph	3
39.92	253	H	23/01/10	Essex County Champs	Grays	Basildon Ph	2
41.00	233	F	23/01/10	Essex County Champs	Grays	Basildon Ph	2
41.57	224	H	06/12/09	Bussuquema Lincoln Falls	Bussuquema	Basildon Ph	4

41.57	224	H	06/12/09	Runnymede Jingle Bells	Runnymede	Basildon Ph	4
41.63	223		08/11/09	Canvey Island Winter Meet	Grays	Basildon Ph	3
42.48	210		03/10/09	Redbridge County Qualif	Fullwell Cross	Basildon Ph	3
42.73	206	H	13/09/09	teampswich Novice Opener	Ipswich	Basildon Ph	4

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