

Individual Best Times (All Time)

Brooke Frost - (768555) - Basildon and Phoenix SC - 200 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
2:16.23	665	H	20/12/15	ASA Winter Meet	Sheffield	Basildon Ph	2
2:16.95	655	H	29/11/14	Essex Senior Junior Championships	Basildon		2
2:17.16	652	H	18/01/15	Essex County Age Group Championships 2015	Basildon		2
2:17.91	641	H	15/02/14	Essex County Age Groups Championships	Basildon	Basildon Ph	2
2:18.07	639	H	24/10/15	Essex Senior Short Course Championships 2015	Basildon		2
2:19.75	616	H	29/11/15	Basildon & Phoenix Club Championships 2015	Basildon		4
2:23.30	571	H	23/02/13	Essex County Championships	Basildon	Basildon Ph	2
2:25.39	547	H	27/10/12	Basildon & Phoenix Autumn SC Meet	Basildon	Basildon Ph	3
2:34.21	458	H	18/02/12	Essex County Age Group Championships	Basildon	Basildon Ph	2
2:35.90	444	F	08/01/12	London Borough of Redbridge Winter Meet	Fullwell Cross	Basildon Ph	3
2:37.02	434	H	09/10/11	Thurrock SC Season Opener 2011	Grays	Basildon Ph	2
2:41.70	397	H	26/03/11	Essex County Championships	Braintree	Basildon Ph	2
2:46.60	363	H	16/01/11	City of Cambridge Winter Open Meet	Cambridge	Basildon Ph	2
2:50.38	340	H	03/10/10	Thurrock Season Opener Meet	Thurrock	Basildon Ph	2
2:54.54	316		07/11/10	Romford Town 3th Open Meet	Enfield	Basildon Ph	3
2:57.57	300	H	13/02/10	Essex County Champs	Braintree	Basildon Ph	2

Swims in Date Order

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2:16.95	655	H	29/11/14	Essex Senior Junior Championships	Basildon		2
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