

# Individual Best Times (All Time)

Brooke Frost - (768555) - Basildon and Phoenix SC - 200 Individual Medley - 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
2:25.93	582	H	16/02/14	Essex County Age Groups Championships	Basildon	Basildon Ph	2
2:25.95	582	H	15/02/15	Essex County Age Group Championships 2015	Basildon		2
2:26.28	578	H	29/11/14	Essex Senior Junior Championships	Basildon		2
2:26.57	574	H	27/09/15	Basildon & Phoenix Season Opener Meet	Basildon		2
2:26.79	572	F	08/11/14	NASL London Rounds Division 1 & 2	Basildon	Basildon Ph	3
2:27.56	563	H	25/10/15	Essex Senior Short Course Championships 2015	Basildon		2
2:27.84	560	H	01/12/13	Basildon & Phoenix Club Championships	Basildon	Basildon Ph	4
2:27.84	560	H	01/12/13	Basildon & Phoenix SC Club Championships	Basildon	Basildon Ph	4
2:29.30	543	H	24/02/13	Essex County Championships	Basildon	Basildon Ph	2
2:35.66	479	H	11/01/13	Basildon & Phoenix Club Championships	Basildon	Basildon Ph	4
2:38.62	453	H	19/02/12	Essex County Age Group Championships	Basildon	Basildon Ph	2
2:44.37	407	F	08/01/12	London Borough of Redbridge Winter Meet	Fullwell Cross	Basildon Ph	3
2:54.76	339	H	27/03/11	Essex County Championships	Braintree	Basildon Ph	2
2:58.33	319	H	15/01/11	City of Cambridge Winter Open Meet	Cambridge	Basildon Ph	2
3:02.12	299		06/11/10	Romford Town 3th Open Meet	Enfield	Basildon Ph	3
3:02.32	298	H	02/10/10	Thurrock Season Opener Meet	Thurrock	Basildon Ph	2

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:27.56	563	H	25/10/15	Essex Senior Short Course Championships 2015	Basildon		2
2:26.57	574	H	27/09/15	Basildon & Phoenix Season Opener Meet	Basildon		2
2:25.95	582	H	15/02/15	Essex County Age Group Championships 2015	Basildon		2
2:26.28	578	H	29/11/14	Essex Senior Junior Championships	Basildon		2
2:26.79	572	F	08/11/14	NASL London Rounds Division 1 & 2	Basildon	Basildon Ph	3
2:25.93	582	H	16/02/14	Essex County Age Groups Championships	Basildon	Basildon Ph	2
2:27.84	560	H	01/12/13	Basildon & Phoenix Club Championships	Basildon	Basildon Ph	4

2:27.84	560	H	01/12/13	Basildon & Phoenix SC Club Championships	Basildon	Basildon Ph	4
2:29.30	543	H	24/02/13	Essex County Championships	Basildon	Basildon Ph	2
2:35.66	479	H	11/01/13	Basildon & Phoenix Club Championships	Basildon	Basildon Ph	4
2:38.62	453	H	19/02/12	Essex County Age Group Championships	Basildon	Basildon Ph	2
2:44.37	407	F	08/01/12	London Borough of Redbridge Winter Meet	Fullwell Cross	Basildon Ph	3
2:54.76	339	H	27/03/11	Essex County Championships	Braintree	Basildon Ph	2
2:58.33	319	H	15/01/11	City of Cambridge Winter Open Meet	Cambridge	Basildon Ph	2
3:02.12	299		06/11/10	Romford Town 3th Open Meet	Enfield	Basildon Ph	3
3:02.32	298	H	02/10/10	Thurrock Season Opener Meet	Thurrock	Basildon Ph	2