

Individual Best Times (All Time)

Brooke Frost - (768555) - Basildon and Phoenix SC - 100 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
1:07.34	590	F	15/02/15	Essex County Age Group Championships 2015	Basildon		2
1:07.49	587	F	30/03/14	Essex County Age Groups Championships	Basildon	Basildon Ph	2
1:07.72	581	H	18/12/15	ASA Winter Meet	Sheffield	Basildon Ph	2
1:07.77	579	F	24/10/15	Essex Senior Short Course Championships 2015	Basildon		2
1:07.96	574	H	15/02/15	Essex County Age Group Championships 2015	Basildon		2
1:08.16	569	H	24/10/15	Essex Senior Short Course Championships 2015	Basildon		2
1:08.61	558	H	30/03/14	Essex County Age Groups Championships	Basildon	Basildon Ph	2
1:10.05	524	F	24/03/13	Essex County Age Group Championships	Basildon	Basildon Ph	2
1:11.61	491	H	24/03/13	Essex County Age Group Championships	Basildon	Basildon Ph	2
1:12.77	468	F	01/04/12	Essex County Championships	Basildon	Basildon Ph	2
1:14.54	435	H	01/04/12	Essex County Championships	Basildon	Basildon Ph	2
1:17.41	389	H	21/12/12	Basildon & Phoenix SC Club Championships	Basildon	Basildon Ph	4
1:17.85	382	F	16/09/11	Basildon & Phoenix SC Club Championships	Basildon	Basildon Ph	4
1:20.05	351	H	03/07/11	Braintree & Bocking SC Summer Sprint Meet	Braintree	Basildon Ph	3
1:20.90	340	F	19/02/11	Essex County Championships	Southend	Basildon Ph	2
1:22.02	327	H	19/02/11	Essex County Championships	Southend	Basildon Ph	2
1:28.42	261	H	04/07/10	Braintree & Bocking	Braintree	Basildon Ph	3
1:29.98	247	F	14/02/10	Essex County Champs	Braintree	Basildon Ph	2
1:31.80	233	H	14/02/10	Essex County Champs	Braintree	Basildon Ph	2
1:35.15	209	H	06/12/09	Runnymede Jingle Bells	Runnymede	Basildon Ph	4
1:36.09	203		07/11/09	Canvey Island Winter Meet	Grays	Basildon Ph	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:07.72	581	H	18/12/15	ASA Winter Meet	Sheffield	Basildon Ph	2
1:07.77	579	F	24/10/15	Essex Senior Short Course Championships 2015	Basildon		2

1:08.16	569	H	24/10/15	Essex Senior Short Course Championships 2015	Basildon		2
1:07.34	590	F	15/02/15	Essex County Age Group Championships 2015	Basildon		2
1:07.96	574	H	15/02/15	Essex County Age Group Championships 2015	Basildon		2
1:07.49	587	F	30/03/14	Essex County Age Groups Championships	Basildon	Basildon Ph	2
1:08.61	558	H	30/03/14	Essex County Age Groups Championships	Basildon	Basildon Ph	2
1:10.05	524	F	24/03/13	Essex County Age Group Championships	Basildon	Basildon Ph	2
1:11.61	491	H	24/03/13	Essex County Age Group Championships	Basildon	Basildon Ph	2
1:17.41	389	H	21/12/12	Basildon & Phoenix SC Club Championships	Basildon	Basildon Ph	4
1:12.77	468	F	01/04/12	Essex County Championships	Basildon	Basildon Ph	2
1:14.54	435	H	01/04/12	Essex County Championships	Basildon	Basildon Ph	2
1:17.85	382	F	16/09/11	Basildon & Phoenix SC Club Championships	Basildon	Basildon Ph	4
1:20.05	351	H	03/07/11	Braintree & Bocking SC Summer Sprint Meet	Braintree	Basildon Ph	3
1:20.90	340	F	19/02/11	Essex County Championships	Southend	Basildon Ph	2
1:22.02	327	H	19/02/11	Essex County Championships	Southend	Basildon Ph	2
1:28.42	261	H	04/07/10	Braintree & Bocking	Braintree	Basildon Ph	3
1:29.98	247	F	14/02/10	Essex County Champs	Braintree	Basildon Ph	2
1:31.80	233	H	14/02/10	Essex County Champs	Braintree	Basildon Ph	2
1:35.15	209	H	06/12/09	Runnymede Jingle Bells	Runnymede	Basildon Ph	4
1:36.09	203		07/11/09	Canvey Island Winter Meet	Grays	Basildon Ph	3