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	Н	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	Н	15/02/15	Essex County Age Group Championships 2015	Basildon		2
1:08.16	569	Н	24/10/15	Essex Senior Short Course Championships 2015	Basildon		2
1:08.61	558	Н	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	Н	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	Н	01/04/12	Essex County Championships	Basildon	Basildon Ph	2
1:17.41	389	Н	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	Н	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	Н	19/02/11	Essex County Championships	Southend	Basildon Ph	2
1:28.42	261	Н	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	Н	14/02/10	Essex County Champs	Braintree	Basildon Ph	2
1:35.15	209	Н	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

T	Гіте	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1	1:07.72	581	Н	18/12/15	ASA Winter Meet	Sheffield	Basildon Ph	2
	1:07.77 right 202	579 4	F	24/10/15	Essex Senior Short Course Championships 2015	Basildon	Powered By SPORTS	2 SYSTEMS

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569	Н	24/10/15	Essex Senior Short Course Championships 2015	Basildon		2
590	F	15/02/15	Essex County Age Group Championships 2015	Basildon		2
574	Н	15/02/15	Essex County Age Group Championships 2015	Basildon		2
587	F	30/03/14	Essex County Age Groups Championships	Basildon	Basildon Ph	2
558	Н	30/03/14	Essex County Age Groups Championships	Basildon	Basildon Ph	2
524	F	24/03/13	Essex County Age Group Championships	Basildon	Basildon Ph	2
491	Н	24/03/13	Essex County Age Group Championships	Basildon	Basildon Ph	2
389	Н	21/12/12	Basildon & Phoenix SC Club Championships	Basildon	Basildon Ph	4
468	F	01/04/12	Essex County Championships	Basildon	Basildon Ph	2
435	Н	01/04/12	Essex County Championships	Basildon	Basildon Ph	2
382	F	16/09/11	Basildon & Phoenix SC Club Championships	Basildon	Basildon Ph	4
351	Н	03/07/11	Braintree & Bocking SC Summer Sprint Meet	Braintree	Basildon Ph	3
340	F	19/02/11	Essex County Championships	Southend	Basildon Ph	2
327	Н	19/02/11	Essex County Championships	Southend	Basildon Ph	2
261	Н	04/07/10	Braintree & Bocking	Braintree	Basildon Ph	3
247	F	14/02/10	Essex County Champs	Braintree	Basildon Ph	2
233	Н	14/02/10	Essex County Champs	Braintree	Basildon Ph	2
209	Н	06/12/09	Runnymede Jingle Bells	Runnymede	Basildon Ph	4
203		07/11/09	Canvey Island Winter Meet	Grays	Basildon Ph	3
	590 574 587 558 524 491 389 468 435 382 351 340 327 261 247 233 209	590 F 574 H 587 F 558 H 524 F 491 H 389 H 468 F 435 H 382 F 351 H 340 F 327 H 261 H 247 F 233 H	590 F 15/02/15 574 H 15/02/15 587 F 30/03/14 558 H 30/03/14 524 F 24/03/13 491 H 24/03/13 389 H 21/12/12 468 F 01/04/12 435 H 01/04/12 382 F 16/09/11 351 H 03/07/11 340 F 19/02/11 327 H 19/02/11 261 H 04/07/10 247 F 14/02/10 233 H 14/02/10 209 H 06/12/09	F 15/02/15 Essex County Age Group Championships 2015 F 15/02/15 Essex County Age Group Championships 2015 F 30/03/14 Essex County Age Groups Championships F 30/03/14 Essex County Age Groups Championships F 24/03/13 Essex County Age Groups Championships F 24/03/13 Essex County Age Group Championships H 24/03/13 Essex County Age Group Championships B 289 H 21/12/12 Basildon & Phoenix SC Club Championships F 01/04/12 Essex County Championships F 16/09/11 Basildon & Phoenix SC Club Championships F 16/09/11 Basildon & Phoenix SC Club Championships F 19/02/11 Essex County Championships F 14/02/10 Essex County Champs F 14/02/10 Essex County Champs Runnymede Jingle Bells	F 15/02/15 Essex County Age Group Championships 2015 Basildon 574 H 15/02/15 Essex County Age Group Championships 2015 Basildon 587 F 30/03/14 Essex County Age Groups Championships Basildon 558 H 30/03/14 Essex County Age Groups Championships Basildon 524 F 24/03/13 Essex County Age Group Championships Basildon 491 H 24/03/13 Essex County Age Group Championships Basildon 389 H 21/12/12 Basildon & Phoenix SC Club Championships Basildon 468 F 01/04/12 Essex County Championships Basildon 435 H 01/04/12 Essex County Championships Basildon 382 F 16/09/11 Basildon & Phoenix SC Club Championships Basildon 351 H 03/07/11 Braintree & Bocking SC Summer Sprint Meet Braintree 340 F 19/02/11 Essex County Championships Southend 327 H 19/02/11 Essex County Championships Southend 261 H 04/07/10 Braintree & Bocking Braintree 247 F 14/02/10 Essex County Champs Braintree 233 H 14/02/10 Essex County Champs Braintree 249 H 06/12/09 Runnymede Jingle Bells Runnymede	F 15/02/15 Essex County Age Group Championships 2015 Basildon F 15/02/15 Essex County Age Group Championships 2015 Basildon F 30/03/14 Essex County Age Groups Championships Basildon Basildon Ph 558 H 30/03/14 Essex County Age Groups Championships Basildon Basildon Ph 558 H 30/03/14 Essex County Age Groups Championships Basildon Basildon Ph 524 F 24/03/13 Essex County Age Group Championships Basildon Basildon Ph 491 H 24/03/13 Essex County Age Group Championships Basildon Basildon Ph 389 H 21/12/12 Basildon & Phoenix SC Club Championships Basildon Basildon Ph 466 F 01/04/12 Essex County Championships Basildon Basildon Ph 435 H 01/04/12 Essex County Championships Basildon Basildon Ph 382 F 16/09/11 Basildon & Phoenix SC Club Championships Basildon Basildon Ph 351 H 03/07/11 Braintree & Bocking SC Summer Sprint Meet Braintree Basildon Ph 340 F 19/02/11 Essex County Championships Southend Basildon Ph 327 H 19/02/11 Essex County Championships Southend Basildon Ph 247 F 14/02/10 Braintree & Bocking Braintree Basildon Ph 247 F 14/02/10 Essex County Champs Braintree Basildon Ph 233 H 14/02/10 Essex County Champs Braintree Basildon Ph 249 Basildon Ph 240 Basildon Ph 241 Basildon Ph 242 Basildon Ph 244 Basildon Ph 245 Basildon Ph 246 Basildon Ph 247 F 14/02/10 Essex County Champs Braintree Basildon Ph 248 Basildon Ph 249 Basildon Ph 240 Basildon Ph 240 Basildon Ph 241 Basildon Ph 242 Basildon Ph 243 Basildon Ph 244 Basildon Ph 245 Basildon Ph 246 Basildon Ph 247 Basildon Ph 248 Basildon Ph 249 Basildon Ph 240 Basildon Ph 240 Basildon Ph 240 Basildon Ph 241 Basildon Ph 242 Basildon Ph 243 Basildon Ph 244 Basildon Ph 245 Basildon Ph 246 Basildon Ph 247 Basildon Ph 248 Basildon Ph 249 Basildon Ph 240 Basildon Ph 240 Basildon Ph 240 Basildon Ph 240 Basildon Ph 241 Basildon Ph 242 Basildon Ph 243 Basildon Ph 244 Basildon Ph 245 Basildon Ph 246 Basildon Ph 247 Basildon Ph 248 Basildon Ph 249 Basildon Ph 240 Basildon Ph 240 Basildon Ph 240 Basildon Ph 240 Basildo

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