

# Individual Best Times (All Time)

Brooke Frost - (768555) - Basildon and Phoenix SC - 100 Freestyle - 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
1:00.10	584	F	15/03/14	Essex County Championships	Basildon	Basildon Ph	2
1:00.56	571	H	01/02/15	Essex County Age Group Championships 2015	Southend		2
1:00.78	565	H	01/02/14	Bedfordshire ASA Junior Inter-County Comp	Biggleswade	Basildon Ph	2
1:00.88	562	F	01/02/15	Essex County Age Group Championships 2015	Southend		2
1:00.94	560	H	27/11/15	Basildon & Phoenix Club Championships 2015	Basildon		4
1:01.06	557	H	20/10/13	BG ASA National County Team Division 2	Sheffield	Basildon Ph	2
1:01.15	554	H	15/03/14	Essex County Championships	Basildon	Basildon Ph	2
1:01.33	550	H	29/11/13	Basildon & Phoenix Club Championships	Basildon	Basildon Ph	4
1:01.33	550	H	29/11/13	Basildon & Phoenix SC Club Championships	Basildon	Basildon Ph	4
1:01.39	548	F	09/03/13	Essex County Championships	Braintree	Basildon Ph	2
1:01.99	532	H	30/11/14	Essex Senior Junior Championships	Basildon		2
1:02.66	515	F	12/12/15	National Arena League-London Premier Div-Round123	Watford	Basildon Ph	2
1:02.67	515	H	09/03/13	Essex County Championships	Braintree	Basildon Ph	2
1:03.08	505	F	10/10/15	National Arena League-London Premier Div-Round123	Harlow	Basildon Ph	2
1:03.72	490	H	11/01/13	Basildon & Phoenix Club Championships	Basildon	Basildon Ph	4
1:04.55	471	F	18/02/12	Essex County Age Group Championships	Basildon	Basildon Ph	2
1:06.39	433	H	18/02/12	Essex County Age Group Championships	Basildon	Basildon Ph	2
1:07.43	413	F	08/01/12	London Borough of Redbridge Winter Meet	Fullwell Cross	Basildon Ph	3
1:08.63	392	H	09/10/11	Thurrock SC Season Opener 2011	Grays	Basildon Ph	2

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:02.66	515	F	12/12/15	National Arena League-London Premier Div-Round123	Watford	Basildon Ph	2
1:00.94	560	H	27/11/15	Basildon & Phoenix Club Championships 2015	Basildon		4
1:03.08	505	F	10/10/15	National Arena League-London Premier Div-Round123	Harlow	Basildon Ph	2
1:00.88	562	F	01/02/15	Essex County Age Group Championships 2015	Southend		2

1:00.56	571	H	01/02/15	Essex County Age Group Championships 2015	Southend		2
1:01.99	532	H	30/11/14	Essex Senior Junior Championships	Basildon		2
1:00.10	584	F	15/03/14	Essex County Championships	Basildon	Basildon Ph	2
1:01.15	554	H	15/03/14	Essex County Championships	Basildon	Basildon Ph	2
1:00.78	565	H	01/02/14	Bedfordshire ASA Junior Inter-County Comp	Biggleswade	Basildon Ph	2
1:01.33	550	H	29/11/13	Basildon & Phoenix Club Championships	Basildon	Basildon Ph	4
1:01.33	550	H	29/11/13	Basildon & Phoenix SC Club Championships	Basildon	Basildon Ph	4
1:01.06	557	H	20/10/13	BG ASA National County Team Division 2	Sheffield	Basildon Ph	2
1:01.39	548	F	09/03/13	Essex County Championships	Braintree	Basildon Ph	2
1:02.67	515	H	09/03/13	Essex County Championships	Braintree	Basildon Ph	2
1:03.72	490	H	11/01/13	Basildon & Phoenix Club Championships	Basildon	Basildon Ph	4
1:04.55	471	F	18/02/12	Essex County Age Group Championships	Basildon	Basildon Ph	2
1:06.39	433	H	18/02/12	Essex County Age Group Championships	Basildon	Basildon Ph	2
1:07.43	413	F	08/01/12	London Borough of Redbridge Winter Meet	Fullwell Cross	Basildon Ph	3
1:08.63	392	H	09/10/11	Thurrock SC Season Opener 2011	Grays	Basildon Ph	2