

Individual Best Times (All Time)

Brooke Frost - (768555) - Basildon and Phoenix SC - 200 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
2:10.74	600	H	30/03/14	Essex County Age Groups Championships	Basildon	Basildon Ph	2
2:11.38	591	H	17/01/15	Essex County Age Group Championships 2015	Basildon		2
2:11.94	584	H	06/12/13	Basildon & Phoenix SC Club Championships	Basildon	Basildon Ph	4
2:12.45	577	H	24/03/13	Essex County Age Group Championships	Basildon	Basildon Ph	2
2:14.80	547	H	27/10/12	Basildon & Phoenix Autumn SC Meet	Basildon	Basildon Ph	3
2:17.69	514	H	01/04/12	Essex County Championships	Basildon	Basildon Ph	2
2:28.59	409	H	08/10/11	Thurrock SC Season Opener 2011	Grays	Basildon Ph	2
2:29.70	400	H	13/03/11	Essex County Championships	Southend	Basildon Ph	2
2:34.81	361	H	15/01/11	City of Cambridge Winter Open Meet	Cambridge	Basildon Ph	2
2:36.46	350		07/11/10	Romford Town 3th Open Meet	Enfield	Basildon Ph	3
2:42.25	314	H	02/10/10	Thurrock Season Opener Meet	Thurrock	Basildon Ph	2
2:51.04	268	H	13/02/10	Essex County Champs	Braintree	Basildon Ph	2
2:55.43	248		08/11/09	Canvey Island Winter Meet	Grays	Basildon Ph	3

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