

Individual Best Times (All Time)

Brooke Frost - (768555) - Basildon and Phoenix SC - 400 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
4:34.89	595	H	16/03/14	Essex County Championships	Basildon	Basildon Ph	2
4:36.96	582	H	31/01/15	Essex County Age Group Championships 2015	Southend		2
4:37.66	578	H	10/03/13	Essex County Championships	Braintree	Basildon Ph	2
4:50.60	504	H	11/03/12	Essex County Championships Block B	Braintree	Basildon Ph	2
5:03.23	443	F	07/01/12	London Borough of Redbridge Winter Meet	Fullwell Cross	Basildon Ph	3
5:13.37	402	H	09/10/11	Thurrock SC Season Opener 2011	Grays	Basildon Ph	2
5:13.96	399	F	17/09/11	Basildon & Phoenix SC Club Championships	Basildon	Basildon Ph	4
5:15.71	393	H	27/03/11	Essex County Championships	Braintree	Basildon Ph	2
5:32.03	338	H	14/01/11	City of Cambridge Winter Open Meet	Cambridge	Basildon Ph	2
5:33.90	332		06/11/10	Romford Town 3th Open Meet	Enfield	Basildon Ph	3
5:38.91	317	H	03/10/10	Thurrock Season Opener Meet	Thurrock	Basildon Ph	2

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:36.96	582	H	31/01/15	Essex County Age Group Championships 2015	Southend		2
4:34.89	595	H	16/03/14	Essex County Championships	Basildon	Basildon Ph	2
4:37.66	578	H	10/03/13	Essex County Championships	Braintree	Basildon Ph	2
4:50.60	504	H	11/03/12	Essex County Championships Block B	Braintree	Basildon Ph	2
5:03.23	443	F	07/01/12	London Borough of Redbridge Winter Meet	Fullwell Cross	Basildon Ph	3
5:13.37	402	H	09/10/11	Thurrock SC Season Opener 2011	Grays	Basildon Ph	2
5:13.96	399	F	17/09/11	Basildon & Phoenix SC Club Championships	Basildon	Basildon Ph	4
5:15.71	393	H	27/03/11	Essex County Championships	Braintree	Basildon Ph	2
5:32.03	338	H	14/01/11	City of Cambridge Winter Open Meet	Cambridge	Basildon Ph	2
5:33.90	332		06/11/10	Romford Town 3th Open Meet	Enfield	Basildon Ph	3
5:38.91	317	H	03/10/10	Thurrock Season Opener Meet	Thurrock	Basildon Ph	2