

Individual Best Times (All Time)

Brooke Frost - (768555) - Basildon and Phoenix SC - 200 Breaststroke - 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
3:17.41	316	H	18/02/12	Essex County Age Group Championships	Basildon	Basildon Ph	2
3:21.61	297	H	09/10/11	Thurrock SC Season Opener 2011	Grays	Basildon Ph	2
3:33.10	251	H	12/03/11	Essex County Championships	Southend	Basildon Ph	2
3:34.12	248		06/11/10	Romford Town 3th Open Meet	Enfield	Basildon Ph	3
3:34.95	245	H	16/01/11	City of Cambridge Winter Open Meet	Cambridge	Basildon Ph	2

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