

Individual Best Times (All Time)

Dominic Keast - (850371) - Bracknell & Wokingham SC - 50 Backstroke - 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
28.91	447	F	30/09/17	17th James Moreno Open Meet	Southampton	Bracknell	2
29.12	437	F	28/10/17	Hart Autumn Level 3 Open Meet	Hart	Bracknell	3
29.18	435	F	26/11/17	Wycombe County & Regional Qualifier	Wycombe	Bracknell	3
29.31	429	H	24/11/18	Bracknell & Wokingham County Qualifier & Relay	Bracknell	Bracknell	3
29.48	421	F	18/11/17	Guildford City L2 Winter Meet	Guildford	Bracknell	2
29.65	414	H	16/12/17	2017 President's Cup	Bracknell	Bracknell	4
29.90	404	H	17/12/16	2016 President's Cup	Bracknell	Bracknell	4
29.91	403	F	19/11/16	Guildford L2 Winter Qualifier Champs	Guildford	Bracknell	2
30.27	389	F	16/10/16	Wycombe District Inaugural Premier Meet	Wycombe	Bracknell	2
30.48	381	H	28/01/17	Berks & Sth Bucks ASA 2017 County Championships	Maidenhead	Bracknell	2
30.67	374	H	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield		2
32.17	324	H	06/02/16	Berkshire & Sth Bucks 2016 County Championships	Maidenhead	Bracknell	2
32.22	323	H	03/01/15	Bracknell & Wokingham President's Cup	Bracknell		4
32.61	311	H	19/12/15	Bracknell & Woking Presidents Cup	Maidenhead	Bracknell	4
32.94	302	H	21/03/15	Berks & S Bucks ASA County & Age Group Champs	Maidstone		2
35.36	244	H	22/03/14	Berkshire & South Buckinghamshire County	Maidenhead	Bracknell	2
36.47	222	H	04/01/14	Bracknell & Wokingham Presidents Cup	Bracknell	Bracknell	4
37.02	213	H	06/07/13	The Bracknell Level 3 Open Meet 2013	Bracknell	Bracknell	3
37.52	204	F	28/09/13	Tring SC Level 3 Sprint Open Meet	Aylesbury	Bracknell	3
38.37	191	H	23/03/13	Berkshire & South Buckinghamshire County	Maidenhead	Bracknell	2
39.12	180	H	01/12/12	Bracknell & Wokingham Winter L3 Meet	Bracknell	Bracknell	3
41.00	156	H	17/03/12	Berkshire & Sth Bucks County Championships	Maidenhead	Bracknell	2
41.10	155	H	07/07/12	Bracknell & Wokingham SC L3 Open Meet	Maidenhead	Bracknell	3
42.43	141	H	03/12/11	Bracknell & Wokingham SC Level 3 Open Mt	Bracknell	Bracknell	3

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